



Fajita-Style Beef Bowls

with Basmati Rice and Lime Crema

Family Friendly

30 Minutes



Ground Beef



Yellow Onion



Mexican Seasoning



Basmati Rice



Green Onion



Sweet Bell Pepper



Roma Tomato



Monterey Jack Cheese, shredded



Garlic Salt



Sour Cream



Lime

HELLO FAJITA BOWL

This twist on a Tex-Mex classic is the ultimate family crowd-pleaser!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, zester, aluminum foil, medium pot, large bowl, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Yellow Onion	56 g	113 g
Mexican Seasoning	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Green Onion	2	2
Sweet Bell Pepper	160 g	320 g
Roma Tomato	80 g	160 g
Monterey Jack Cheese, shredded	½ cup	1 cup
Garlic Salt	1 tsp	2 tsp
Sour Cream	3 tbsp	6 tbsp
Lime	1	1
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook rice

- Add **1 ¼ cups water** and **⅛ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook peppers and onions

- Heat the same pan over medium-high.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers, onions** and **remaining garlic salt**. Cook, stirring often, until **peppers** are tender-crisp, 3-4 min.



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Cut **tomato** into ½-inch pieces.
- Thinly slice **green onions**.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.
- Add **¼ tsp lime zest**, **1 tsp lime juice** (dbl both for 4 ppl) and **sour cream** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.



Assemble fajita rice

- Meanwhile, fluff **rice** with a fork and fold in **half the green onions**, then season with **salt**.
- Add **1 tbsp oil** (dbl for 4 ppl), then **rice** to the pan with **veggies**. Cook, stirring occasionally, until **liquid** is absorbed and **rice** starts to brown, 1-2 min.



Cook beef

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Add **Mexican Seasoning**, **half the garlic salt** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring often, until fragrant, 1 min.
- Transfer **beef** to a large bowl, then cover with foil to keep warm.



Finish and serve

- Divide **fajita rice mixture** between bowls. Top with **beef, tomatoes** and **remaining green onions**.
- Sprinkle **cheese** over top.
- Dollop with **lime crema**.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!