



Fajita-Style Beef Bowls

with Basmati Rice and Lime Crema

Family Friendly 25-35 Minutes

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

↻ Swap	↻ Swap
Ground Turkey 250 g 500 g	Plant-Based Protein Shreds 200 g 400 g



Ground Beef 250 g 500 g	Yellow Onion ½ 1
Mexican Seasoning 2 tbsp 4 tbsp	Basmati Rice ¾ cup 1 ½ cups
Green Onion 2 2	Sweet Bell Pepper 1 2
Tomato 1 2	Monterey Jack Cheese, shredded ½ cup 1 cup
Garlic Salt 1 tsp 2 tsp	Sour Cream 3 tbsp 6 tbsp
Lime 1 1	

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.*

1



Cook rice

- Before starting, wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook, until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch pieces.
- Cut **tomato** into ½-inch pieces.
- Thinly slice **green onions**.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **remaining lime** into wedges.
- Add **¼ tsp** (½ tsp) **lime zest**, **1 tsp** (2 tsp) **lime juice** and **sour cream** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine. Set aside.

3



Cook beef

Swap | Ground Turkey

Swap | Plant-Based Protein

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, 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** (4 tbsp) **water**.
- Cook, stirring often, until fragrant, 1 min.
- Transfer **beef** to a large bowl, then cover with foil to keep warm.

4



Cook peppers and onions

- Reheat the same pan over medium-high.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **peppers**, **onions** and **remaining garlic salt**.
- Cook, stirring often, until **peppers** are tender-crisp, 3-4 min.

5



Assemble fajita rice

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

6



Finish and serve

- Divide **fajita rice** 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.

3 | Cook turkey

Swap | Ground Turkey

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef****

3 | Cook plant-based protein

Swap | Plant-Based Protein

If you've opted to get **plant-based protein shreds**, cook and plate it the same way as the recipe instructs you to cook and plate the **beef**, tossing occasionally until cooked through, 6-8 min.** Disregard instructions to drain excess fat.

