



Kickin' Chipotle Beef Bowls

with Zesty Rice

Quick

Spicy

25 Minutes



Ground Beef



Basmati Rice



Chipotle Powder



Southwest Spice Blend



Sour Cream



Poblano Pepper



Sweet Potato



Lime



Cilantro



Red Onion, sliced



White Wine Vinegar

HELLO SOUTHWEST SPICE BLEND

This blend is crucial in Tex-Mex dishes and adds Southern flair to this rice bowl!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Heat Guide for Step 5:

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust out

Baking sheet, medium bowl, microplane/zester, measuring spoons, medium pot, parchment paper, small pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Basmati Rice	¾ cup	1 ½ cup
Chipotle Powder 🌶️	1 tsp	1 tsp
Southwest Spice Blend	1 tbsp	2 tbsp
Sour Cream	6 tbsp	12 tbsp
Poblano Pepper 🌶️	160 g	320 g
Sweet Potato	170 g	340 g
Lime	1	2
Cilantro	7 g	14 g
Red Onion, sliced	113 g	226 g
White Wine Vinegar	2 tbsp	4 tbsp
Sugar*	1 ¼ tsp	2 ½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Roast sweet potatoes and poblanos

Core, then cut **poblano peppers** into 1-inch pieces. Cut **sweet potatoes** into ¼-inch pieces. Add **sweet potatoes, poblanos** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 22-23 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** and **Southwest Spice Blend**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Season with **salt** and **pepper**.



Prep and cook rice

While **veggies** roast, add **1 ¼ cups water** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, roughly chop **cilantro**. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove pot from heat. Set aside, still covered.



Mix chipotle crema

While **beef** cooks, stir together **sour cream**, **half the lime zest**, **1 tbsp lime juice**, **¼ tsp sugar** (dbl both for 4 ppl) and **¼ tsp chipotle powder** in a small bowl. (**NOTE:** Reference heat guide.) Season with **salt** and **pepper**.



Pickle onions

While **rice** cooks, heat a small pot over medium heat. When hot, add **onions**, **vinegar**, **¼ cup water** and **1 tsp sugar** (dbl both for 4 ppl). Season with **½ tsp salt** (dbl for 4 ppl). Cook, stirring occasionally, until **onions** are tender-crisp, 3-4 min. Transfer **onions** and **liquid** to a medium bowl and set aside.



Finish and serve

Fluff **rice** with a fork, then season with **salt**. Stir in **remaining lime zest**. Divide **rice** between bowls. Top with **roasted veggies**, **spiced beef**, **pickled onions** and **cilantro**. Spoon **chipotle crema** over top. Squeeze over a **lime wedge**, if desired.

Dinner Solved!