



Mexican Spiced Stuffed Peppers

with Guacamole

PRONTO 30 Minutes



Ground Beef



Sweet Bell Pepper



Mexican Seasoning



Monterey Jack Cheese, shredded



Black Beans



Garlic



Basmati Rice



Avocado



Lime



Crushed Tomatoes



Cilantro

HELLO MEXICAN SEASONING

Smoky, sweet, spicy combine for the perfect Tex Mex flavour!

Start Strong

Before starting, preheat your broiler to high and wash and dry all produce.

Bust Out

Measuring Cups, Strainer, Medium Pot, Large Non-Stick Pan, Zester, Silicone Brush, Garlic Press, Measuring Spoons, Small Bowl, Baking Sheet

Ingredients

	2 Person	4 Person
Ground Beef	227 g	454 g
Sweet Bell Pepper	320 g	640 g
Mexican Seasoning	1 tbsp	2 tbsp
Monterey Jack Cheese, shredded	½ cup	1 cup
Black Beans	1 can	2 can
Garlic	6 g	12 g
Basmati Rice	¾ cup	1 ½ cup
Avocado	1	2
Lime	1	2
Crushed Tomatoes	1 box	2 box
Cilantro	7 g	14 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°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.

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1. PREP & COOK RICE

Add **1 ½ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high heat. Meanwhile, roughly chop **cilantro**. Rinse and drain **beans**. Peel, then mince or grate **garlic**. Add **rice** to the pot of **boiling water**. Reduce heat to medium-low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



4. ASSEMBLE & BROIL PEPPERS

Add the **beans**, **crushed tomatoes** and **half the garlic** into the pan with **beef**. Stir to combine. Season with **salt** and **pepper**. Divide **beef mixture** between **each pepper half**, then sprinkle the **cheese** evenly over top. Return the **peppers** to the oven and **broil** until the **cheese** has melted, 5-6 min.



2. BROIL PEPPERS

While **rice** cooks, cut **peppers** into halves, then remove the inside cores and seeds to make bowl shapes (keep the stems on). Arrange **peppers** cut-side down on a baking sheet. Brush **each pepper half** with **½ tsp oil**, then season with **salt** and **pepper**. Broil in **middle** of oven, until slightly tender, 8-10 min.



5. MAKE GUACAMOLE

While **peppers** broil, zest and juice **half the lime**. Cut **remaining lime** into wedges. Peel, pit then cut **avocado** into ½-inch pieces. Add **avocado**, **lime juice** and **remaining garlic** in a small bowl. Using a fork, mash together until creamy. Season with **salt** and **pepper**.



3. COOK BEEF

While **peppers** broil, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef** and **Mexican seasoning**. Cook, breaking up the **beef** into smaller pieces, until no pink remains, 4-5 min.**



6. FINISH AND SERVE

Fluff the **rice** with a fork, then stir in **lime zest** and **half the cilantro**. Season with **salt**. Divide the **rice** between plates. Top with **stuffed peppers** and **guacamole**. Sprinkle over the **remaining cilantro** and squeeze over a **lime wedge**, if desired.

Dinner Solved!