



Mexican Sweet Potato Bowl

with Beyond Meat® and Spring Salad

Veggie

40 Minutes



Beyond Meat®



Enchilada
Spice Blend



Garlic



Sweet Potato



Sour Cream



Lime



Basmati Rice



Tomato Sauce



Canned Corn



Spring Mix



Baby Tomatoes

HELLO BEYOND MEAT

You won't believe the meat-like texture of this plant-based protein!

Start here

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

Bust Out

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

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Enchilada Spice Blend	1 tbsp	2 tbsp
Garlic	6 g	12 g
Sweet Potato	170 g	340 g
Sour Cream	6 tbsp	12 tbsp
Lime	1	1
Basmati Rice	¾ cup	1 ½ cup
Tomato Sauce	2 tbsp	4 tbsp
Canned Corn	56 g	113 g
Spring Mix	56 g	113 g
Baby Tomatoes	113 g	227 g
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.

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Cook rice

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Drain and rinse **corn**. Add **rice** and a quarter of the **corn** (half the corn for 4 ppl) 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 from heat.



Cook Beyond Meat®

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **Beyond Meat®**. Break up **Beyond Meat®** into smaller pieces, then add **garlic** and **remaining Enchilada Spice Blend**. Cook, stirring occasionally, until **Beyond Meat®** is slightly crispy, 5-6 min. **



Roast sweet potatoes

While **rice** cooks, peel, then cut **sweet potatoes** into ½-inch pieces. Add **sweet potatoes, 1 tbsp oil** (dbl for 4 ppl) and **half the Enchilada Spice Blend** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of oven, stirring halfway through cooking, until golden-brown and tender, 18-20 min.



Finish Beyond Meat®

Add **tomato sauce** and **¼ cup water** (dbl for 4 ppl) to the pan with **Beyond Meat® mixture**. Cook, stirring occasionally, until slightly thickened, 2-3 min. Season with **salt** and **pepper**. Remove pan from heat.



Prep and make lime crema

While **sweet potatoes** roast, halve the **tomatoes**. Zest, then juice the **lime**. Peel, then mince or grate **garlic**. Stir together **lime zest** and **sour cream** in a small bowl. Season with **salt** and **pepper**. Set aside.



Finish and serve

Toss **tomatoes, spring mix** and **lime juice** in a medium bowl. Fluff **rice** with a fork, then season with **salt**. Divide **rice** between bowls. Top with **sweet potatoes, Beyond Meat®** and **tomato salad**. Dollop **lime crema** over top.

Dinner Solved!