



Taco-Style Beef Bowl

with Basmati Rice and Lime Crema

Family 35 Minutes



Ground Beef



Corn Kernels



Mexican Seasoning



Basmati Rice



Green Onions



Cilantro



Green Bell Pepper



Roma Tomato



Monterey Jack
Cheese, shredded



Garlic



Sour Cream



Lime

HELLO TACO BOWL

This twist on a Tex-Mex classic is going to be the ultimate family crowd-pleaser

Start here

Before starting, wash and dry all produce.

Bust Out

Medium bowl, microplane/zester, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Corn Kernels	56 g	113 g
Mexican Seasoning	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cup
Green Onions	2	4
Cilantro	7 g	14 g
Green Bell Pepper	200 g	200 g
Roma Tomato	80 g	160 g
Monterey Jack Cheese, shredded	¼ cup	½ cup
Garlic	6 g	12 g
Sour Cream	3 tbsp	6 tbsp
Lime	1	1
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

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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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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Cook rice & start prep

Add **1 ¼ cups water** (dbl for 4ppl) to a medium pot. Cover and bring to a boil over high heat. Meanwhile, peel, then mince or grate **garlic**. 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.



Finish prep

While **rice** cooks, core, then cut **pepper** into ½-inch pieces. Cut **tomato** into ½-inch pieces. Roughly chop **cilantro**. Thinly slice **green onions**. Zest, then cut **lime** into wedges. Stir together **lime zest** and **sour cream** in a small bowl. Season with **salt** and **pepper**. Set aside.



Cook beef

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then the **beef**. Sprinkle over the **Mexican seasoning**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ** Season with **salt** and **pepper**. Transfer to a plate and set aside.



Cook pepper mixture

Heat the same pan over medium-high. Add **½ tbsp oil** (dbl for 4 ppl), then **peppers, corn** and **garlic**. Cook, stirring often, until **peppers** are tender-crisp, 3-4 min. Remove pan from heat and transfer **pepper mixture** to a medium bowl.



Assemble taco rice

Fluff **rice** with a fork, then season with **salt**. Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **rice**. Cook, stirring occasionally, until any **liquid** is absorbed and **rice** starts to brown, 1-2 min. Add **green onions** and **pepper mixture**. Season with **salt** and **pepper**. Stir together, until warmed through, 1-2 min.



Finish and serve

Divide **taco rice mixture** between bowls. Top with **beef** and **tomatoes**. Sprinkle over **cheese**. Dollop with **lime crema**. Sprinkle over the **cilantro**. Squeeze over a **lime wedge**, if desired.

Dinner Solved!