



Taco-Style Beef Bowl

with Basmati Rice and Lime Crema

Family Friendly

35 Minutes



Ground Beef



Canned Corn



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 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
Canned Corn	113 g	227 g
Mexican Seasoning	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cup
Green Onions	2	4
Cilantro	7 g	14 g
Green Bell Pepper	200 g	400 g
Roma Tomato	80 g	160 g
Monterey Jack Cheese, shredded	½ cup	1 cup
Garlic	6 g	12 g
Sour Cream	3 tbsp	6 tbsp
Lime	1	2
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



Cook rice and start prep

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, peel, then mince or grate **garlic**. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove pot from heat. Set aside, still covered.



Cook pepper mixture

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



Finish prep and make crema

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 **lime**, then cut into wedges. Drain, then rinse the **corn**. Stir together **lime zest** and **sour cream** in a small bowl. Season with **salt** and **pepper**. Set aside.



Assemble taco rice

Fluff **rice** with a fork, then season with **salt**. Heat the same pan (from step 4) 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**. Cook, stirring occasionally, until warmed through, 1-2 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**. Sprinkle with **Mexican Seasoning**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Season with **salt** and **pepper**. Carefully drain and discard excess fat. Transfer **beef** to a plate and set aside.



Finish and serve

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

Dinner Solved!