

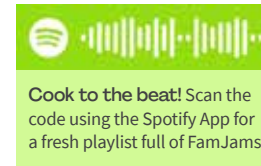


Taco-Style Beef Bowls

with Basmati Rice and Lime Crema

Family Friendly

35 Minutes



-  Ground Beef
-  Mexican Seasoning
-  Basmati Rice
-  Green Onion
-  Green Bell Pepper
-  Roma Tomato
-  Monterey Jack Cheese, shredded
-  Garlic, cloves
-  Sour Cream
-  Lime
-  Canned Corn

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, measuring spoons, strainer, zester, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Mexican Seasoning	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Green Onion	2	2
Green Bell Pepper	200 g	400 g
Roma Tomato	80 g	160 g
Monterey Jack Cheese, shredded	½ cup	1 cup
Garlic, cloves	2	4
Sour Cream	3 tbsp	6 tbsp
Lime	1	2
Canned Corn	1 can	1 can
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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

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1



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 **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.

2



Finish prep and make crema

While **rice** cooks, core, then cut **pepper** into ½-inch pieces. Cut **tomato** into ½-inch pieces. Thinly slice **green onions**. Drain, then rinse **corn**. Zest **lime**, then cut into wedges. Add **lime zest** and **sour cream** to a small bowl. Season with **salt** and **pepper**, then stir to combine.

3



Cook beef

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**. 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. Sprinkle with **Mexican Seasoning**. Cook, stirring often, until fragrant, 1 min. Transfer **beef** to a plate and set aside.

4



Cook pepper mixture

Heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**, **corn** and **garlic**. Cook, stirring often, until **peppers** are tender-crisp, 5-6 min. Remove the pan from heat, then transfer **pepper mixture** to a medium bowl.

5



Assemble taco rice

Fluff **rice** with a fork, then season with **salt**. Heat the same pan over medium-high. 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.

6



Finish and serve

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

Dinner Solved!