



# Taco-Style Beef Bowls

with Basmati Rice and Lime Crema

Family Friendly

35 Minutes



Ground Beef



Ground Turkey



Mexican Seasoning



Basmati Rice



Green Onion



Green Bell Pepper



Roma Tomato



Monterey Jack Cheese, shredded



Garlic, cloves



Sour Cream



Lime



Canned Corn

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

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
Ground Turkey	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	½ 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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### 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.
- Meanwhile, 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.



### 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** (use all for 4 ppl) 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.



### Finish prep and make crema

- Meanwhile, 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.



### 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.



### 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**, to taste.
- Carefully drain and discard excess fat.
- Sprinkle **Mexican Seasoning** over **beef**. Cook, stirring often, until fragrant, 1 min.
- Transfer **beef** to a plate and set aside.

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**.



### 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!