



Taco-Style Beef Bowls

with Basmati Rice and Lime Crema

35 Minutes



Ground Beef



Mexican Seasoning



Basmati Rice



Green Bell Pepper



Roma Tomato



Monterey Jack Cheese, shredded



Garlic, cloves



Sour Cream



Lime



Corn Kernels

HELLO MEXICAN SEASONING

Smoky, sweet and spicy combined for the perfect Tex-Mex flavour!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, 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 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	6 tbsp	12 tbsp
Lime	1	2
Corn Kernels	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 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, 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.



Finish prep and make crema

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Cut **tomato** into ½-inch pieces.
- 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 **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.**
- Carefully drain and discard excess fat.
- Season **beef** with **salt** and **pepper**, to taste.
- Add **Mexican Seasoning** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring often, until fragrant, 1 min.
- Transfer **beef** to a plate and set aside.



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!