



# Tex-Mex Beef Bowls

## with Guacamole and Feta

Family Friendly 20-30 Minutes

↗ Custom Recipe

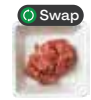
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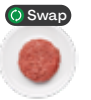
or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Turkey  
250 g | 500 g



Beyond Meat®  
2 | 4



Ground Beef  
250 g | 500 g



Guacamole  
3 tbsp | 6 tbsp



Tomato Salsa  
½ cup | 1 cup



Sweet Bell Pepper  
1 | 2



Basmati Rice  
¾ cup | 1 ½ cups



Enchilada Spice Blend  
1 tbsp | 2 tbsp



Tomato  
1 | 2



Lime  
1 | 1



Garlic Powder  
1 tsp | 2 tsp



Feta Cheese, crumbled  
¼ cup | ½ cup



**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.

1



### Cook rice

• Before starting, wash and dry all produce.

- Add **rice**, **half the garlic powder**, **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt** to a medium pot. Bring to a boil over high heat.
- Once boiling, 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



### Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Cut **half the lime** (whole lime for 4 ppl) into wedges.
- Cut **tomato** into ½-inch pieces.
- Add **tomatoes** to a medium bowl. Squeeze a **lime wedge** over top, then toss to coat.

3



### Cook beef

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **beef**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat.
- Add **salsa** and sprinkle **remaining garlic powder**, **half the Enchilada Spice Blend** and **¼ tsp** (½ tsp) **sugar** into the pan.
- Cook, stirring often, until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**, to taste.
- Transfer **beef** to a plate, then cover to keep warm.

4



### Cook peppers

- Reheat the same pan over medium-high.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers**.
- Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.

5



### Finish rice

- Add **rice** to the pan with **peppers**. Sprinkle **remaining Enchilada Spice Blend** over top.
- Cook, stirring constantly, until fragrant, 1-2 min. Season with **salt** and **pepper**, to taste.

6



### Finish and serve

- Season **tomatoes** with **salt** and **pepper**, to taste, then toss to coat.
- Divide **rice** between bowls. Top with **beef** and **tomatoes**.
- Dollop **guacamole** over top, then sprinkle with **feta**.
- Squeeze a **lime wedge** over top, if desired.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

### 3 | Cook turkey

🔄 Swap | **Ground Turkey**

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

### 3 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way as the **beef**.\*\*

