



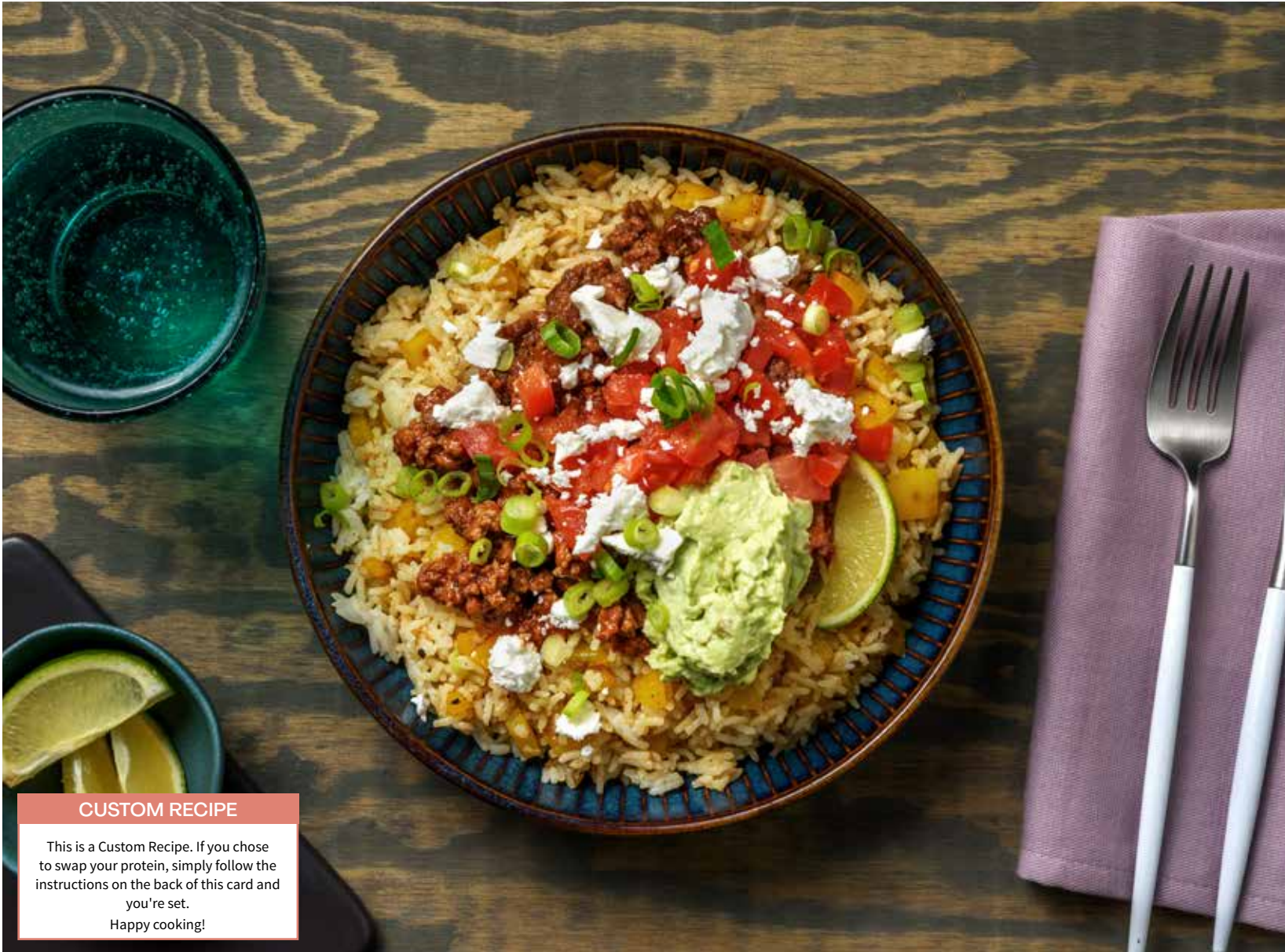
# Tex-Mex Beef Bowls

with Guacamole and Feta

Family Friendly

Quick

25 Minutes



Ground Beef



Ground Turkey



Guacamole



Tomato Salsa



Sweet Bell Pepper



Basmati Rice



Enchilada Spice Blend



Green Onion



Roma Tomato



Lime



Garlic Powder



Feta Cheese, crumbled

## 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 TOMATO SALSA

*This popular Mexican condiment is great as a dip or as a base for boosting flavour!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Medium bowl, measuring spoons, medium pot, measuring cups, large non-stick pan

### Ingredients

|                       | 2 Person | 4 Person |
|-----------------------|----------|----------|
| Ground Beef           | 250 g    | 500 g    |
| Ground Turkey         | 250 g    | 500 g    |
| Guacamole             | 3 tbsp   | 6 tbsp   |
| Tomato Salsa          | ½ cup    | 1 cup    |
| Sweet Bell Pepper     | 160 g    | 320 g    |
| Basmati Rice          | ¾ cup    | 1 ½ cups |
| Enchilada Spice Blend | 1 tbsp   | 2 tbsp   |
| Green Onion           | 2        | 4        |
| Roma Tomato           | 80 g     | 160 g    |
| Lime                  | 1        | 1        |
| Garlic Powder         | 1 tsp    | 2 tsp    |
| Feta Cheese, crumbled | ¼ cup    | ½ cup    |
| Sugar*                | ¼ tsp    | ½ tsp    |
| 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

- Add **rice**, **half the garlic powder**, **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) 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.



### Cook peppers and green onions

- Heat the same pan over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Add **green onion whites**. Cook, stirring often, until slightly softened, 30 sec. Season with **salt** and **pepper**.



### Prep

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



### Finish rice

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



### 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.
- Add **salsa** and sprinkle **remaining garlic powder**, **half the Enchilada Spice Blend** and **¼ tsp sugar** (dbl for 4 ppl) 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.

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



### 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.
- Sprinkle with **feta** and **remaining green onions**.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!