

# Tropical Beef Bowls

with Mango Salsa

Quick

Spicy

25 Minutes



Ground Beef



Mango



Garlic Puree



Basmati Rice



Poblano Pepper,  
chopped



Red Onion, chopped



Teriyaki Sauce



Lime



Sour Cream



Cilantro



Roma Tomato

HELLO TERIYAKI

*This sweet and savoury sauce adds a Japanese-influenced flavour to any dish!*

## 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
Mango	1	2
Garlic Puree	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cup
Poblano Pepper, chopped	113 g	227 g
Red Onion, chopped	56 g	113 g
Teriyaki Sauce	4 tbsp	8 tbsp
Lime	1	1
Sour Cream	6 tbsp	12 tbsp
Cilantro	7 g	14 g
Roma Tomato	80 g	160 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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## 1 Prep

Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, cut **mango** into ¼-inch pieces. Cut **tomato** into ¼-inch pieces. Zest, then juice **half the lime** (whole lime for 4 ppl). Cut any **remaining lime** into wedges.



## 2 Cook rice

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.



## 3 Make salsa and crema

While **rice** cooks, add **mangoes, tomatoes, onions** and **half the lime juice** to a medium bowl. Season with **salt** and **pepper**, then stir to combine. Add **sour cream, half the lime zest, remaining lime juice** and **¼ tsp garlic puree** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



## 4 Cook beef and poblanos

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **beef** and **poblanos**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*



## 5 Finish beef

Add **teriyaki sauce** and **remaining garlic puree** to the pan with **beef**. Cook, stirring often, until **beef** is coated, 1-2 min. Season with **salt** and **pepper**.



## 6 Finish and serve

Fluff **rice** with a fork, then season with **salt** and stir in **remaining lime zest**. Divide **rice** between plates. Top with **teriyaki beef** and **mango salsa**. Dollop with **lime crema**. Tear **cilantro** over top. Squeeze over a **lime wedge**, if desired.

## Dinner Solved!