



Veggie Burrito Bowls

with Beyond Meat® and DIY salsa

Veggie

Quick

25 Minutes



Beyond Meat®



Basmati Rice



Sweet Potato



Sweet Bell Pepper



Roma Tomato



Green Onion



Lime



Mexican Seasoning



Sour Cream



Tomato Sauce Base

HELLO BEYOND MEAT®

You won't believe the meat-like texture of this alternative protein!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, zester, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Basmati Rice	¾ cup	1 ½ cups
Sweet Potato	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Roma Tomato	80 g	160 g
Green Onion	1	2
Lime	1	1
Mexican Seasoning	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Sugar*	½ tsp	1 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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1



Cook rice

- Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Bring to a boil over high heat.
- Once boiling, add **rice**, then 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.

4



Cook Beyond Meat®

- Heat the same pan over medium.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **Beyond Meat®**. Cook, breaking up **patties** into bite-sized pieces, until slightly crispy, 5-6 min. **
- Add **remaining Mexican Seasoning, tomato sauce base** and **⅓ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until slightly thickened, 2-3 min.
- Remove the pan from heat. Season with **pepper**, to taste. Cover to keep warm.

2



Roast sweet potatoes

- Meanwhile, peel, then cut **sweet potato** into ½-inch pieces.
- Add **sweet potatoes, ½ tsp Mexican Seasoning** and **½ tbsp oil** (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 15-18 min.

5



Prep and make DIY salsa

- Meanwhile, cut **tomato** into ½-inch pieces.
- Thinly slice **green onion**.
- Zest, then **juice half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.
- Add **tomatoes, half the peppers, half the green onions, half the lime juice** and **½ tsp sugar** (dbl for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then stir to combine.

3



Cook peppers

- Meanwhile, core, then cut **pepper** into ¼-inch pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until tender-crisp and charred in spots, 3-4 min. Season with **salt** and **pepper**, to taste.
- Remove the pan from heat, then transfer **peppers** to a plate to cool.

6



Finish and serve

- Add **sour cream, lime zest** and **remaining lime juice** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Fluff **rice** with a fork, then stir in **remaining peppers** and **remaining green onions**.
- Divide **rice** between bowls. Top with **sweet potatoes, Beyond Meat®** and **DIY salsa**.
- Dollop with **lime crema**. Squeeze a **lime wedge** over top, if desired.

Dinner Solved!