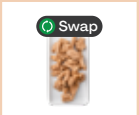




Veggie Burrito Bowls

with Plant-Based Protein and DIY Salsa

Veggie 35 Minutes



Plant-Based Protein Shreds
200 g | 400 g

Customized Protein **+** Add **↻** Swap 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)



- Plant-Based Ground Protein
250 g | 500 g
- Basmati Rice
¾ cup | 1 ½ cups
- Sweet Potato
1 | 2
- Sweet Bell Pepper
1 | 2
- Tomato
2 | 4
- Green Onion
1 | 2
- Lemon
1 | 1
- Tex-Mex Paste
1 tbsp | 2 tbsp
- Guacamole
6 tbsp | 12 tbsp
- Zesty Garlic Blend
1 tbsp | 2 tbsp

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.

Pantry items | Oil, sugar, salt, pepper

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

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** 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.

2



Roast sweet potatoes

- Meanwhile, peel, then cut **sweet potato** into ½-inch pieces.
- Add **sweet potatoes** and **½ tbsp** (1 tbsp) **oil** 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.

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** (1 tbsp) **oil**, then **peppers**. Cook, stirring occasionally, until tender-crisp and charred in spots, 3-4 min. Season with **salt** and **pepper**.
- Remove the pan from heat, then transfer **peppers** to a plate to cool.

4



Cook plant-based protein

[Swap](#) | [Plant-Based Protein Shreds](#)

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **patties**. Cook, breaking up **patties** into bite-sized pieces, until slightly crispy, 5-6 min.**
- Add **Tex-Mex paste**, **Zesty Garlic Blend** and **½ cup** (¾ cup) **water**. Cook, stirring occasionally, until slightly thickened, 2-3 min.
- Remove from heat. Season with **pepper**. Cover to keep warm.

5



Prep and make DIY salsa

- Cut **tomatoes** into ¼-inch pieces.
- Thinly slice **green onion**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **remaining lemon** into wedges.
- Add **tomatoes**, **half the charred peppers**, **half the green onions**, **half the lemon juice** and **½ tsp** (1 tsp) **sugar** to a medium bowl.
- Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Add **guacamole**, **lemon zest** and **remaining lemon 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**, **plant-based protein** and **DIY salsa**.
- Dollop with **lemon guacamole**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

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

4 | Cook plant-based protein

[Swap](#) | [Plant-based protein](#)

If you've opted to get **plant-based protein shreds**, cook and plate it the same way as the recipe instructs you to cook the **plant-based ground protein**, until slightly crispy.**

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.