



# Veggie Taco Bowl

with Beyond Meat® and Mexican-Style Red Rice

Veggie

35 Minutes



Beyond Meat®



Sour Cream



Roma Tomato



Kale Slaw Mix



Lime



Cheddar Cheese,  
shredded



Mexican Seasoning



Tomato Sauce



Basmati Rice



Garlic



Green Onions

HELLO BEYOND MEAT®  
*You won't believe it's not meat!*

## Start here

Before starting, wash and dry all produce.

## Bust Out

Measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Sour Cream	6 tbsp	12 tbsp
Roma Tomato	80 g	160 g
Kale Slaw Mix	113 g	227 g
Lime	1	2
Cheddar Cheese, shredded	¼ cup	½ cup
Mexican Seasoning	1 tbsp	2 tbsp
Tomato Sauce	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cup
Garlic	6 g	12 g
Green Onions	2	2
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 our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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### Prep

Thinly slice **green onions**. Cut **tomato** into ¼-inch pieces. Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **remaining lime** into wedges. Peel, then mince or grate **garlic**.



### Make crema and salad

While **Beyond Meat®** cooks, whisk together **lime juice**, **½ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **kale slaw mix** and **tomatoes**. Toss to combine. Combine **lime zest** and **sour cream** in a small bowl. Season with **salt** and **pepper**. Set aside.



### Cook rice

Heat a medium pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **half the garlic, tomato sauce** and **rice**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ½ cups water** (2 ½ cup for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce the heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



### Finish rice

When **rice** is tender, fluff with a fork. Stir in **half the green onions**, then season with **salt** and **pepper**.



### Cook Beyond Meat®

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **Beyond Meat®**. Break up **patties** into bite-sized pieces, then add **Mexican Seasoning** and **remaining garlic**. Cook, until slightly crispy, 5-6 min. **\*\*** Season with **salt** and **pepper**. Remove the pan from heat.



### Finish and serve

Divide **Mexican-style rice** between bowls. Top with **Beyond Meat®** and sprinkle over **cheese**. Top with **kale slaw** and dollop over **lime crema**. Sprinkle over **remaining green onions**. Squeeze over a **lime wedge**, if desired.

## Dinner Solved!