



Veggie Taco Bowls

with Beyond Meat® and Mexican-Style Red Rice

Veggie

Spicy

35 Minutes



Beyond Meat®



Sour Cream



Roma Tomato



Coleslaw Cabbage Mix



Lime



Cheddar Cheese, shredded



Mexican Seasoning



Tomato Sauce Base



Basmati Rice



Green Onions



Chipotle Powder



Garlic Salt

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	3 tbsp	6 tbsp
Roma Tomato	80 g	160 g
Coleslaw Cabbage Mix	170 g	340 g
Lime	1	2
Cheddar Cheese, shredded	¼ cup	½ cup
Mexican Seasoning	1 tbsp	2 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Green Onions	2	2
Chipotle Powder 🌶️	¼ tsp	½ tsp
Garlic Salt	¾ tsp	1 ½ tsp
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.

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Prep

Thinly slice **green onions**. Cut **tomato** into ¼-inch pieces. Zest, then juice **half the lime**. Cut **remaining lime** into wedges.



Make slaw and crema

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 **coleslaw cabbage mix** and **tomatoes**. Toss to combine. Add **lime zest** and **sour cream** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Cook rice

Heat a medium pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **tomato sauce base** and **rice**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** (dbl for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce the heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Season with **½ tsp garlic salt** (dbl for 4 ppl). Remove the pot from heat. Set aside, still covered.



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 **¼ tsp chipotle powder** (dbl for 4 ppl). Cook until slightly crispy, 5-6 min. ** Season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**. Remove the pan from heat.



Finish and serve

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

Dinner Solved!