

# Veggie Taco Bowls

with Beyond Meat® and Mexican-Style Red Rice

Veggie

Spicy

35 Minutes











Roma Tomato



Green Bell Pepper

Cheddar Cheese, shredded

**Tomato Sauce Base** 









Mexican Seasoning



Basmati Rice



Chipotle Powder



Garlic Salt

HELLO BEYOND MEAT®

## Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

#### Bust out

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

## Ingredients

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	2 Person	4 Person
Beyond Meat®	2	4
Sour Cream	3 tbsp	6 tbsp
Roma Tomato	80 g	160 g
Green Bell Pepper	200 g	400 g
Lime	1	1
Cheddar Cheese, shredded	⅓ cup	½ cup
Mexican Seasoning	1 tbsp	2 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Chipotle Powder 🥒	1/4 tsp	½ tsp
Garlic Salt	½ tsp	1 tsp
Oil*		

Salt and Pepper\*

- \*\* 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

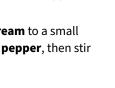
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#### Prep

- Cut tomato into 1/4-inch pieces.
- Core, then cut **pepper** into 1/4-inch slices.
- Zest half the lime (whole lime for 4 ppl). Cut lime into wedges.
- Add lime zest and sour cream to a small bowl. Season with salt and pepper, then stir to combine. Set aside.





#### Cook rice

- Heat a medium pot over medium heat.
- When hot, add 1 tbsp (2 tbsp) oil, then tomato sauce base and rice. Cook, stirring often, until fragrant, 1-2 min.
- Add 1 1/4 cups (2 1/2 cups) water. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat.
- Season rice with garlic salt, then stir in tomatoes.
- · Cover and set aside.



- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add 1/2 tbsp (1 tbsp) oil, then peppers. Cook, stirring often, until tendercrisp, 3-4 min.
- Season with salt and pepper, to taste.
- Transfer **peppers** to a plate, then cover to keep warm.



## Cook Beyond Meat®

- Add **1 tbsp** (2 tbsp) **oil** to the same pan, then Beyond Meat®.
- Break up patties into bite-sized pieces, then add chipotle powder and Mexican Seasoning.
- · Cook, stirring occasionally, until Beyond **Meat**<sup>®</sup> is slightly crispy, 5-6 min.\*\* Season with  $\frac{1}{4}$  tsp ( $\frac{1}{2}$  tsp) salt and pepper.
- Remove the pan from heat.



#### Finish rice

- Once **rice** is tender, fluff with a fork.
- Season rice with salt and pepper, to taste.



#### Finish and serve

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

Dinner Solved!