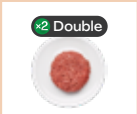




Veggie Taco Bowls

with Beyond Meat® and Mexican-Style Red Rice

Veggie 35 Minutes



Beyond Meat®
4 | 8

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](http://www.hellofresh.ca)



Beyond Meat®
2 | 4



Sour Cream
3 tbsp | 6 tbsp



Tomato
1 | 2



Green Bell Pepper
1 | 2



Lime
1 | 1



Cheddar Cheese, shredded
½ cup | 1 cup



Mexican Seasoning
1 tbsp | 2 tbsp



Tomato Sauce Base
2 tbsp | 4 tbsp



Basmati Rice
¾ cup | 1 ½ cups



Chipotle Powder
¼ tsp | ½ tsp



Garlic Salt
½ tsp | 1 tsp

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, salt, pepper

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

1



Prep

- Before starting, wash and dry all produce

• Heat Guide for Step 4:

- Mild: ½ tsp (¼ tsp)
- Medium: ¼ tsp (½ tsp)
- Spicy: ½ tsp (1 tsp)

- Cut **tomato** into ¼-inch pieces.
- Core, then cut **pepper** into ¼-inch slices.
- Zest **half the lime** (whole lime for 4 ppl). Cut **remaining lime** into wedges.
- Add **lime zest** and **sour cream** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.

2



Cook rice

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

3



Cook peppers

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers**. Cook, stirring often, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.
- Transfer to a plate, then cover to keep warm.

4



Cook Beyond Meat®

+ Add | **Beyond Meat®**

- Add **1 tbsp** (2 tbsp) **oil** to the same pan, then **Beyond Meat® patties**.
- Break up **patties** into bite-sized pieces, then add **Mexican Seasoning** and ¼ tsp (½ tsp) **chipotle powder**. (NOTE: Reference heat guide.)
- Cook, stirring occasionally, until **Beyond Meat®** is slightly crispy, 5-6 min. ** Season with ¼ tsp (½ tsp) **salt** and **pepper**.
- Remove from heat.

5



Finish rice

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

6



Finish and serve

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

Measurements
within steps

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

4 | Cook Beyond Meat®

+ Add | **Beyond Meat®**

If you've opted for **double Beyond Meat®**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of Beyond Meat®**.

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



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