



TEX-MEX BEEF & BLACK BEAN RICE BOWLS

with Lettuce, Tomato & Scallion Crema

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Jasmine Rice



1 | 2
Black Beans



2 | 4
Scallions



1 Clove | 2 Cloves
Garlic



1 | 1
Baby Lettuce



1 | 2
Tomato



10 oz | 20 oz
Ground Beef**



1 tsp | 2 tsp
Cumin



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Ground Turkey

Calories: 690



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 830



HELLO

SCALLION CREMA

Use the easy formula in Step 4 (sour cream + aromatic + splash of water) to create your own crema anytime you like!

THE RICE IS RIGHT

Fluffing rice before serving is an essential step! A fork helps to gently separate each grain, yielding light and tender results.

BUST OUT

- Small pot
- Large pan
- Strainer
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

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1 COOK RICE & BEANS

- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook for 10 minutes.
- Drain **beans**.
- Once rice has cooked 10 minutes, stir in drained beans; cover and cook until rice is tender, 5-8 minutes more.



4 MAKE CREMA

- In a small bowl, combine **sour cream** and **scallion greens**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



2 PREP

- While rice and beans cook, **wash and dry produce**.
- Trim and thinly slice **scallions**, separating whites from greens. Peel and mince or grate **garlic**. Trim and discard root end from **lettuce**; thinly slice half the lettuce (**all for 4 servings**) crosswise into ribbons. Dice **tomato** into ¼-inch pieces; season with **salt** and **pepper**.



5 FINISH RICE & BEANS

- Fluff **rice and beans** with a fork; taste and season with **salt** and **pepper**.



3 COOK BEEF

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **beef***, **scallion whites**, **garlic**, **cumin**, **salt**, and **pepper**.
- Cook, breaking up meat into pieces, until cooked through, 4-6 minutes. Taste and season with **salt** and **pepper** if desired.
- Keep covered off heat until ready to serve.


 Swap in **turkey*** for beef.



6 SERVE

- Divide **rice and beans** and **beef mixture** between shallow bowls in separate sections. Top everything with **sliced lettuce**, **tomato**, and **scallion crema**. Serve.

*Ground Beef is fully cooked when internal temperature reaches 160°.

 *Ground Turkey is fully cooked when internal temperature reaches 165°.