



# Carb Smart Beef Taco Salad Bowls

with Pico de Gallo and Creamy Lemon Dressing

Smart Meal

20-min

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

Swap



Ground Turkey  
250 g | 500 g

Swap



Beyond Meat®  
2 | 4



Ground Beef  
250 g | 500 g



Baby Spinach  
113 g | 227 g



Green Bell  
Pepper  
1 | 2



Tomato  
1 | 2



Guacamole  
3 tbsp | 6 tbsp



Lemon  
½ | 1



Green Onion  
1 | 2



Cheddar Cheese,  
shredded  
¼ cup | ½ cup



Sour Cream  
3 tbsp | 6 tbsp



Chipotle Sauce  
2 tbsp | 4 tbsp



Enchilada Spice  
Blend  
1 tbsp | 2 tbsp

**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 | 2 Medium bowls, measuring spoons, slotted spoon, zester, large bowl, small bowl, whisk, large non-stick pan

1



## Prep

- Before starting, wash and dry all produce.

- Core, then cut **pepper** into ½-inch pieces.
- Cut **tomato** into ½-inch pieces.
- Thinly slice **green onions**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl).

2



## Cook beef

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high heat.
- When hot, add **beef** to the dry pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat.
- Add **Enchilada Spice Blend**. Cook, stirring often, until fragrant, 30 sec.
- Using a slotted spoon, transfer **beef** to a medium bowl.
- Add **chipotle sauce**. Season with **salt** and **pepper**, to taste, then stir to coat **beef**.

3



## Make pico de gallo

- Meanwhile, add **tomatoes**, **peppers**, **half the lemon juice**, **half the green onions** and ½ **tbsp** (1 **tbsp**) **oil** to another medium bowl.
- Season with **salt** and **pepper**, then stir to combine.

4



## Make creamy lemon dressing

- Add **sour cream**, **lemon zest** and 1 ½ **tbsp** (3 **tbsp**) **water** to a small bowl.
- Season with **salt** and **pepper**, then whisk until smooth.

5



## Dress spinach

- Add **remaining lemon juice** and 1 **tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spinach**, then toss to coat.

6



## Finish and serve

- Divide **dressed spinach** between bowls. Top with **beef**, **pico de gallo** and **guacamole**.
- Drizzle **creamy lemon dressing** over top, then sprinkle with **cheese** and **remaining green onions**.

Measurements within steps

1 <b>tbsp</b>	(2 <b>tbsp</b> )	<b>oil</b>
2 person	4 person	Ingredient

## 2 | Cook turkey

Swap | **Ground Turkey**

If you've opted to get **turkey**, add ½ **tbsp** (1 **tbsp**) **oil** to the pan, then **turkey**. Cook it in the same way the recipe instructs you to cook the **beef**.\*\* There's no need to drain and discard excess fat.

## 2 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way as the **beef**, until cooked through, 5-6 min.\*\*

\*\* Cook beef, turkey and Beyond Meat® to a minimum internal temperature of 74°C/165°F.



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