



MEXICAN BEEF BURRITO BOWL

with Jewelled Rice and Sweet Pepper Salsa

PRONTO



HELLO CREMA

Sour cream, lime zest and juice make the perfect, zesty and creamy topping for this deconstructed burrito!

TIME: 30 MIN



Beef Strips



Black Beans



Sweet Bell Pepper



Cilantro



Tomato Paste



Mexican Seasoning



Vegetable Broth Concentrate



Corn Kernels



Sour Cream



Lime



Red Onion, chopped



Basmati Rice

BUST OUT

- Medium Bowl
- Zester
- Measuring Cups
- Medium Pot
- Small Bowl
- Large Non-Stick Pan
- Measuring Spoons
- Salt and Pepper
- Strainer
- Olive or Canola Oil
- Paper Towel

INGREDIENTS

2-person | 4-person

- Beef Strips 285 g | 570 g
- Black Beans 1 can | 2 can
- Sweet Bell Pepper 160 g | 320 g
- Cilantro 7 g | 7 g
- Tomato Paste 1 tbsp | 2 tbsp
- Mexican Seasoning 2 tbsp | 4 tbsp
- Vegetable Broth Concentrate 1 | 2
- Corn Kernels 113 g | 227 g
- Sour Cream 2 3 tbsp | 6 tbsp
- Lime 1 | 2
- Red Onion, chopped 56 g | 113 g
- Basmati Rice ¾ cup | 1 ½ cup

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

'Charring' means to scorch the surface. In cooking terms, it means to deeply brown the surface of the meat or vegetable. This technique works best in a dry pan, without oil.



1 START RICE
Wash and dry all produce.* Heat a medium pot over medium-high heat. When the pot is hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until softened, 3-4 min. Add **rice** and **1 tbsp tomato paste** (dbl for 4 ppl). Cook, stirring often, until **rice** is coated, 1-2 min.



4 COOK BEEF
To the same pan, add **1 tbsp oil**, then **half the beef**. Sprinkle over **half the Mexican seasoning**. Cook, until golden-brown, 1-2 min per side. (TIP: Cook to a min. internal temp. of 71°C/160°F.***) Transfer to a plate. Repeat with **1 tbsp oil**, **remaining beef** and **remaining Mexican seasoning**.



2 PREP
To the same pot, add **1 ¼ cups water** (dbl for 4 ppl) and **broth concentrate(s)**. 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. Meanwhile, drain and rinse **beans**. Core, then cut **bell pepper(s)** into ½-inch pieces. Roughly chop **cilantro**. Pat **beef** dry with paper towel, then cut into 1-inch pieces. Season with **salt** and **pepper**.



5 MAKE CREMA & FINISH SALSA
Zest and juice **half the lime** (1 lime for 4 ppl). Cut **remaining lime** into wedges. In a small bowl, stir together **sour cream**, **lime zest** and **half the lime juice**. Season with **salt** and **pepper**. In the medium bowl with **corn-pepper mixture**, stir in **remaining lime juice** and **half the cilantro**. Set aside.



3 START SALSA
Heat a large non-stick pan over medium-high heat. When hot, add **corn** and **peppers** to the dry pan. Cover and cook, stirring once halfway through cooking, until 'charred' or dark golden-brown, 4-5 min. Season with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



6 FINISH AND SERVE
Fluff **rice** with a fork, then season with **salt**. Stir in **beans**. Divide **rice**, **beef** and **corn and pepper salsa** between bowls. Top with **remaining cilantro** and a dollop of **crema**. Squeeze over a **lime wedge**, if desired.

YUM!

All the joy of a burrito in a bowl!

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