

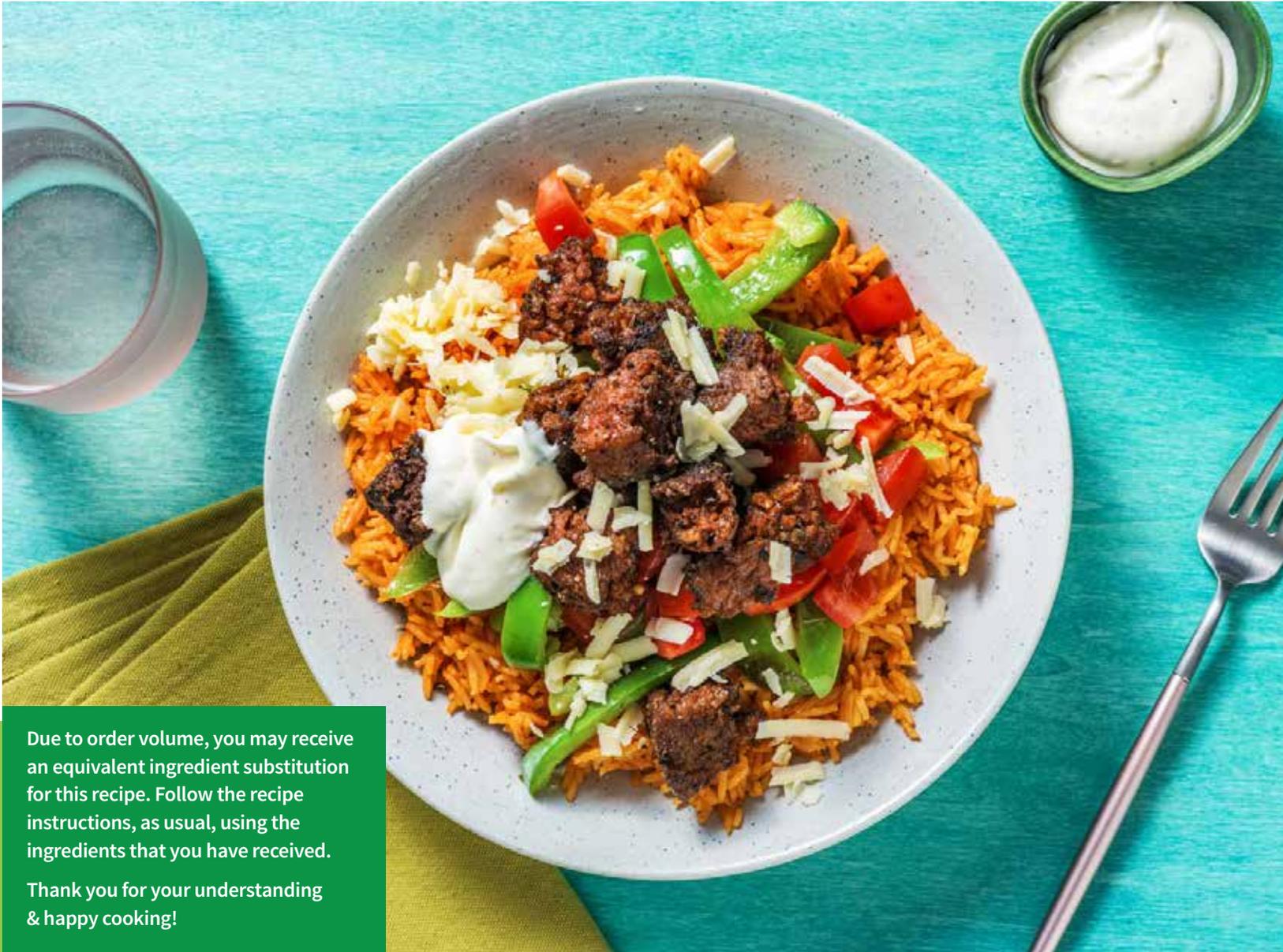


Mexican Spiced Veggie Bowl

with Beyond Meat® and Mexican-Style Red Rice

Veggie

30 Minutes



Beyond Meat®



Sour Cream



Lime



Green Bell Peppers



Cheddar Cheese, shredded



Mexican Seasoning



Tomato Sauce



Basmati Rice



Garlic



Roma Tomato

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

Start here

Before starting, wash and dry all produce.

Bust Out

Measuring cups & spoons, microplane/zester, medium pot, large non-stick pan, small bowl

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Sour Cream	6 tbsp	12 tbsp
Lime	1	1
Green Bell Peppers	200 g	400 g
Cheddar Cheese, shredded	¼ cup	½ cup
Mexican Seasoning	1 tbsp	2 tbsp
Tomato Sauce	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cup
Garlic	6 g	12 g
Roma Tomato	80 g	160 g
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Prep

Core, then cut the **pepper** into ¼-inch strips. Cut **tomato** into ¼-inch pieces. Zest, then juice **half the lime** (whole lime for 4ppl). Cut any **remaining lime** into wedges. Peel, then mince or grate **garlic**.



2 Cook rice

Heat a medium pot over medium heat. When hot, add **1 tbsp oil**, (dbl for 4ppl) then the **tomato sauce, rice** and **half the garlic**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ½ cups water** (2 ½ cups for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce the heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



3 Cook peppers

While the **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **½ tsp oil** (dbl for 4ppl), then **peppers**. Cook, stirring often, until tender-crisp, 4-5 min. Transfer the **cooked peppers** to a plate.



4 Cook Beyond Meat®

Re-heat the large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **Beyond Meat®**. Break up **patties** into bite-sized pieces, then add **Mexican seasoning** and **remaining garlic**. Cook, until slightly crispy, 5-6 min. ****** Season with **salt** and **pepper**.



5 Make crema

While **Beyond Meat®** cooks, stir together **sour cream, ½ tsp lime zest, 1 tsp lime juice** and **¼ tsp sugar** (dbl all for 4ppl) in a small bowl. Season with **salt** and **pepper**. Set aside.



6 Finish and serve

When **rice** is tender, fluff with a fork and season with **salt** and **pepper**. Divide **Mexican rice** between bowls. Top with **Beyond Meat®, peppers, tomatoes** and **cheese**. Dollop with **lime crema**. Squeeze over a **lime wedge** if desired.

Dinner Solved!