



# SOUTHWEST PLANT-BASED PROTEIN OVER CILANTRO RICE

topped with Pickled Onion & Lime Crema

## INGREDIENTS

2 PERSON | 4 PERSON



**¾ Cup | 1½ Cups**  
Jasmine Rice



**1 | 1**  
Red Onion



**1 | 2**  
Lime



**1 | 2**  
Poblano Pepper



**1 | 2**  
Roma Tomato



**¼ oz | ½ oz**  
Cilantro



**9 oz | 9 oz**  
Ground Plant-Based Protein  
Contains: Soy, Tree Nuts, Wheat



**1 TBSP | 2 TBSP**  
Southwest Spice



**1 | 2**  
Tex-Mex Paste



**2 TBSP | 4 TBSP**  
Sour Cream  
Contains: Milk

## HELLO

### PLANT-BASED PROTEIN

Combined with a bounty of warming seasonings for a richly spiced bowl-topper—minus the meat!



**PREP: 15 MIN | COOK: 30 MIN | CALORIES: 670**



## BEST PRESSED

In step 4, we ask you to press the plant-based protein into an even layer before breaking it up.

Why? Giving the protein a few undisturbed minutes in the hot pan (sans stirring) will help it to brown and develop crispy, almost caramelized edges.

## BUST OUT

- Small pot
- Zester
- 3 Small bowls
- Large pan
- Kosher salt
- Black pepper
- Sugar ( $\frac{1}{2}$  tsp | 1 tsp)
- Vegetable oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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\* Plant-Based Protein is fully cooked when internal temperature reaches 165°.



### 1 COOK RICE

- **Wash and dry all produce.**
- In a small pot, combine **rice**, **1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



### 4 COOK PLANT-BASED PROTEIN

- Heat a **drizzle of oil** in large pan over medium-high heat. Add **half the plant-based protein\* (all for 4 servings)** and season with **Southwest Spice**. Using a spatula, press into an even layer; cook, without stirring, until browned on bottom, 3-4 minutes. Break up protein into pieces.
- Add another **drizzle of oil**, **poblano**, and **diced onion**. Cook, stirring, until veggies are softened, 3-4 minutes.
- Stir in **Tex-Mex paste** and **¼ cup water (½ cup for 4)**. Cook, scraping up browned bits from bottom of pan, until mixture is thickened and saucy, 1-2 minutes more.



### 2 PREP

- While rice cooks, halve, peel, and very thinly slice **¼ of the onion**; dice remaining onion into ½-inch pieces. Zest and halve **lime**; cut one half into wedges (**for 4 servings, zest and halve one lime; cut second lime into wedges**). Core, deseed, and dice **poblano** into ½-inch pieces. Finely dice **tomato**. Finely chop **cilantro**.



### 5 MIX & SEASON

- Meanwhile, in a second small bowl, combine **sour cream** with a **squeeze of lime juice** to taste. Season with **salt** and **pepper**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.
- In a third small bowl, combine **tomato**, a **drizzle of oil**, **salt**, **pepper**, and **lime zest** to taste.



### 3 PICKLE ONION

- In a small microwave-safe bowl, combine **sliced onion**, **juice from half the lime**, **½ tsp sugar**, **1 TBSP water**, and **salt**. (**For 4 servings, use 1 tsp sugar and 2 TBSP water.**) Stir until sugar and salt are mostly dissolved.
- Microwave for 30 seconds. Set aside, stirring occasionally, until ready to serve.



### 6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)**, **half the cilantro**, and **juice from remaining lime**. Season with **salt** and **pepper**.
- Divide rice between bowls; top with **Southwest plant-based protein**, **tomato**, and as much **pickled onion** (draining first) as you like. Drizzle with **lime crema** and garnish with remaining cilantro. Serve.