



SPANISH-INSPIRED VEGGIE BURRITO BOWL

with Avocado and Pico De Gallo

VEGGIE



HELLO

PAPRIKA-CUMIN-GARLIC BLEND

Olé! Bring a bit of the Iberian peninsula to your table with this traditional Spanish spice blend

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 751



Veggie Ground Round



Green Onions



Cilantro



Garlic



Sour Cream



Basmati Rice



Grape Tomatoes



Avocado



Lime



Corn Kernels



Paprika-Cumin-Garlic Blend

BUST OUT

- Large Non-Stick Pan
- Medium Pot
- Measuring Cups
- Zester
- Garlic Press
- Small Bowl
- Measuring Spoons
- Salt and Pepper
- Medium Bowl
- Olive or Canola oil
- Sugar (½ tsp | 1 tsp)

INGREDIENTS

2-person | 4-person

• Veggie Ground Round 1,4,6	340 g		680 g
• Green Onions	2		4
• Cilantro	10 g		20 g
• Garlic	6 g		12 g
• Sour Cream 2	6 tbsp		12 tbsp
• Basmati Rice	¾ cup		1 ½ cup
• Grape Tomatoes	113 g		227 g
• Avocado	1		2
• Lime	1		1
• Corn Kernels	113 g		227 g
• Paprika-Cumin-Garlic Blend	1 tbsp		2 tbsp

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

*Laver et sécher tous les aliments.



START STRONG

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.



1 PREP Wash and dry all produce.* In a medium pot, add **1 ½ cups water** (dbl for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, halve the **tomatoes**. Zest, then juice the **lime**. Peel, then mince or grate the **garlic**. Thinly slice the **green onions**. Finely chop the **cilantro**. Peel and cut the **avocado(s)** into ½-inch pieces.



4 FINISH GROUND ROUND Add the **corn** and **garlic** to the pan with the **veggie ground round**. Cook, stirring occasionally, until the **corn** is warmed through and **garlic** is fragrant, 2-3 min. Remove the pan from the heat and stir in **half the lime juice**.



2 COOK RICE Add the **rice** to the medium pot with the **boiling water**. Reduce the heat to low. Cook, still covered, until the **rice** is tender and the **liquid** has been absorbed, 12-14 min.



5 MAKE CONDIMENTS In a small bowl, stir together the **sour cream** and **half the lime zest**. Season with **salt** and **pepper**. (**NOTE:** This is your lime crema!) In a medium bowl, combine the **tomatoes**, **avocado**, **half the green onions**, **half the cilantro** and **remaining lime juice**. Season with **salt** and **pepper**. (**NOTE:** This is your pico de gallo!)



3 COOK GROUND ROUND Meanwhile, heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **veggie ground round**, **paprika-cumin-garlic blend** and **½ tsp sugar** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, breaking up the **veggie ground round** into smaller pieces, until **ground round** is golden-brown and slightly crispy, 5-6 min.



6 FINISH AND SERVE When the **rice** is done, fluff with a fork and season with **salt**. Stir in the **remaining green onions**, **remaining lime zest** and **remaining cilantro**. Divide the **rice** between bowls, then top with the **veggie ground round mixture** and **pico de gallo**. Dollop with the **lime crema**.

TASTY!

All the joy of a burrito without the extra carbs!

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