



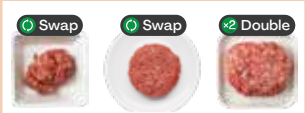
Carb Smart Southwest Beef and Veggie Bowl

with DIY Pickled Jalapeños

Smart Meal

Spicy

30 Minutes



Ground Turkey 250 g | 500 g Beyond Meat® 2 | 4 Ground Beef 500 g | 1000 g

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



Ground Beef
250 g | 500 g



Cauliflower
285 g | 570 g



Sweet Potato
1 | 2



Red Onion
1 | 2



Green Bell Pepper
1 | 2



Southwest Spice Blend
1 tbsp | 2 tbsp



Jalapeño
1 | 2



Chipotle Sauce
2 tbsp | 4 tbsp



Cheddar Cheese, shredded
1/4 cup | 1/2 cup



White Wine Vinegar
1 tbsp | 2 tbsp



Tex-Mex Paste
1 tbsp | 2 tbsp



Sour Cream
1 | 2

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 | Pepper, salt, oil

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, parchment paper, small bowl, vegetable peeler

1



Prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Peel **sweet potato**, then quarter lengthwise. Cut into ¼-inch quarter-moons.
- Cut **cauliflower** into bite-sized pieces.
- Core, then cut **pepper** into 1-inch pieces.

2



Season veggies

- Add **sweet potatoes, peppers, Southwest Spice Blend** and ½ **tblsp oil** to one side of a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to combine.
- Add **cauliflower** and ½ **tblsp oil** to the other side of the baking sheet.
- Season with **salt** and **pepper**, then toss to combine. (NOTE: For 4 ppl, use 2 baking sheets, separating cauliflower to its own sheet and using 1 **tblsp oil** per sheet.)

4



Pickle jalapeños

- Add **vinegar, 1 tblsp (2 tblsp) water** and a **pinch of salt** to a small microwavable bowl. (NOTE: This is your pickling liquid.)
- Microwave in 15-sec. increments, stirring between each, until **salt** dissolves.
- Add **jalapeños**, then stir to combine.

5



Cook beef mixture

- [Swap | Ground Turkey](#)
- [Swap | Beyond Meat®](#)
- [*2 Double | Ground Beef](#)
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tblsp (1 tblsp) oil**, then **beef** and **onions**.
- Cook, breaking up **beef** into smaller pieces, until **onions** are tender and no pink remains in **beef**, 4-5 min.**
- Drain and discard excess fat.
- Add **Tex-Mex paste** and ½ **cup (½ cup) water**. Bring to a simmer.
- Once simmering, reduce heat to medium.
- Cook until **sauce** reduces slightly, 2-4 min. Remove from heat, then cover to keep warm.

3



Roast veggies and finish remaining prep

- Roast in the **middle** of the oven until **veggies** are tender and golden-brown, 20-24 min. (NOTE: For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)
- Meanwhile, peel, then cut **onion** into ¼-inch pieces.
- Thinly slice **jalapeño** into ¼-inch rounds, removing seeds for less heat. (TIP: We suggest using gloves when prepping jalapeños.)

6



Finish and serve

- Divide **roasted veggies** between bowls.
- Top with **beef mixture**.
- Dollop with **sour cream**, then drizzle with **chipotle sauce** and sprinkle **cheese** over top.
- Top each bowl with **pickled jalapeño slices**. (TIP: Any leftover pickled jalapeños and pickling liquid can be saved and refrigerated for up to 3 days.)

Measurements within steps

1 **tblsp** (2 **tblsp**) **oil**
2 person 4 person Ingredient

5 | Cook turkey mixture

[Swap | Ground Turkey](#)

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**.**

5 | Cook Beyond Meat® mixture

[Swap | Beyond Meat®](#)

If you've opted to get **Beyond Meat®**, cook and plate it the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.** Disregard instructions to drain excess fat.

5 | Cook beef mixture

[*2 Double | Ground Beef](#)

If you've opted for **double beef**, cook it in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

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