

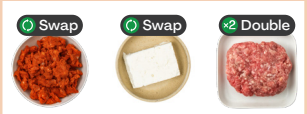


Zesty Beef Rice Bowls

with Lime Aioli

Family Friendly

30-40 Minutes



Chorizo Sausage, uncased 250 g | 500 g | Tofu 1 | 2 | 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](https://www.hellofresh.ca)



- Ground Beef 250 g | 500 g
- Enchilada Spice Blend 2 tbsp | 4 tbsp
- Red Onion 1 | 2
- Sweet Bell Pepper 1 | 2
- Mayonnaise 4 tbsp | 8 tbsp
- Garlic, cloves 2 | 4
- Lime 1 | 2
- Cheddar Cheese, shredded ½ cup | 1 cup
- Zucchini 1 | 2
- Basmati Rice ¾ cup | 1 ½ cups
- Green Onion 2 | 4

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.

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** | (**¼ tsp**) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, and **half the Enchilada Spice Blend**, then reduce heat to low.
- Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, peel, then thinly slice **onion**.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Peel, then mince or grate **garlic**.
- Core, then cut **pepper** into ¼-inch slices.
- Thinly slice **green onion**.
- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **peppers, zucchini, onions** and **half the garlic**.
- Cook, stirring occasionally, until **veggies** are tender-crisp, 6-8 min.
- Season with **salt** and **pepper**.
- Transfer to a large bowl, then cover to keep warm.

4



Cook beef

Swap | Chorizo Sausage

Swap | Tofu

*2 Double | Ground Beef

- Reheat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Add **remaining Enchilada Spice Blend**, **remaining garlic** and **1 tbsp** (2 tbsp) **water**. Cook, stirring often, until fragrant, 1 min.
- Season with **salt** and **pepper**, to taste.

5



Make lime aioli

- Meanwhile, add **mayo**, **half the green onions**, **1 tsp** (2 tsp) **lime zest** and **½ tbsp** (1 tbsp) **lime juice** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Fluff **rice** with a fork and season with **salt**.
- Divide **rice** between bowls. Top with **veggies**, then **beef** and **cheese**.
- Dollop **lime aioli** over top.
- Sprinkle with **remaining green onions**.
- Squeeze a **lime wedge** over top, if desired.

4 | Cook chorizo

Swap | Chorizo Sausage

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

4 | Cook tofu

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook it in the same way the recipe instructs you to cook the **beef**, until golden-brown all over, 6-7 min. Disregard instructions to drain excess fat.

4 | Cook beef

*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.