

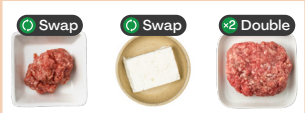


# Carb Smart Southwest Beef and Veggie Bowl

with DIY Pickled Jalapeños

Smart Meal

30 Minutes



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://visit.hellofresh.ca)

Ground Turkey 250 g | 500 g  
Tofu 1 | 2  
Ground Beef 500 g | 1000 g



- 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 ¼ cup | ½ 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

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## Prep

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

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

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## Pickle jalapeños

- Add **vinegar**, **1 tbsp** (2 tbsp) **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.

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## Season veggies

- Add **sweet potatoes**, **peppers**, **Southwest Spice Blend** and ½ **tbsp oil** to one side of a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to combine.
- Add **cauliflower** and ½ **tbsp 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 tbsp oil per sheet.)

5



## Cook beef mixture

- ◌ Swap | **Ground Turkey**
- ◌ Swap | **Tofu**
- ×2 Double | **Ground Beef**
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **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.

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## Roast veggies and finish 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.)

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## 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 jalapeños**. (TIP: Any leftover pickled jalapeños and pickling liquid can be saved and refrigerated for up to 3 days.)

Measurements  
within steps

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

## 5 | Cook turkey mixture

◌ Swap | **Ground Turkey**

If you've opted to get **turkey**, add **1 tbsp** (2 **tbsp**) **oil** to the pan, then **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef**.\*\*

## 5 | Cook tofu mixture

◌ 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.

## 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.