



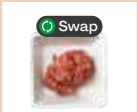
# Carb Smart Southwest Beef and Veggie Bowls

with DIY Pickled Jalapeños

Smart Meal

Spicy

30 Minutes



Ground Turkey  
250 g | 500 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
- Cauliflower  
285 g | 570 g
- Yellow Potato  
250 g | 500 g
- 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.

1



### Prep

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

- Peel **yellow 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 **yellow potatoes, peppers, Southwest Spice Blend** and ½ **tbsp** (1 **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** (1 **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.)

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.)

4



### 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.

5



### Cook beef mixture

Swap | Ground Turkey

- 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 ⅓ **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.

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

### 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**\*\*

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