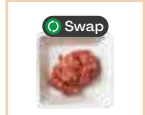




# Fajita-Style Beef Bowls

## with Basmati Rice and Lime Crema

25 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
- Yellow Onion  
1 | 1
- Mexican Seasoning  
2 tbsp | 4 tbsp
- Basmati Rice  
¾ cup | 1 ½ cup
- Green Onion  
2 | 2
- Sweet Bell Pepper  
1 | 2
- Tomato  
1 | 2
- Monterey Jack Cheese, shredded  
½ cup | 1 cup
- Garlic Salt  
1 tsp | 2 tsp
- Sour Cream  
1 | 2
- Lime  
1 | 1

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PACE:INO Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$249.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

**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.**

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Ingredient quantities 56 g | 113 g  
2 person | 4 person

1



### Cook rice

• Before starting, 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.
- Once boiling, add **rice**, 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, core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch pieces.
- Cut **tomato** into ½-inch pieces.
- Thinly slice **green onions**.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into **wedges**.
- Add **¼ tsp** (½ tsp) **lime zest**, **1 tsp** (2 tsp) **lime juice** and **sour cream** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine. Set aside.

3



### Cook beef

- Heat a large non-stick pan over medium-high heat.
- 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 **Mexican Seasoning**, **half the garlic salt** and **2 tbsp** (4 tbsp) **water**.
- Cook, stirring often, until fragrant, 1 min.
- Transfer **beef** to a large bowl, then cover with foil to keep warm.

4



### Cook peppers and onions

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **peppers**, **onions** and **remaining garlic salt**.
- Cook, stirring often, until **peppers** are tender-crisp, 3-4 min.

5



### Assemble fajita rice

- Meanwhile, fluff **rice** with a fork and fold in **half the green onions**, then season with **salt**.
- Add **1 tbsp** (2 tbsp) **oil**, then add **rice** to the pan with **veggies**.
- Cook, stirring occasionally, until **liquid** is absorbed and **rice** starts to brown, 1-2 min.

6



### Finish and serve

- Divide **fajita rice mixture** between bowls. Top with **beef**, **tomatoes** and **remaining green onions**.
- Sprinkle **cheese** over **top**.
- Dollop with **lime crema**.
- Squeeze a **lime wedge** over top, if desired.

# | Step Title

If you've opted to add chicken, pat chicken dry with paper towels. Season with salt and pepper. Heat a large non-stick pan over medium-high heat. When hot, 1 tbsp (2 tbsp) oil, then chicken. Panfry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.\*\* Transfer chicken to another plate, then cover loosely with foil and set aside to rest, 2-3 min.

# | Step Title

If you've opted to add chicken, pat chicken dry with paper towels. Season with salt and pepper. Heat a large non-stick pan over medium-high heat. When hot, 1 tbsp (2 tbsp) oil, then chicken.