

HELLO Zesty Beef Bowls with Herby Mayo

Family Friendly 30-40 Minutes









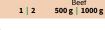


×2 Double

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 降











Ground Beef





2 tbsp | 4 tbsp

250 g | 500 g







Sweet Bell

1 | 2





Mayonnaise



4 tbsp | 8 tbsp

Garlic, cloves







1 | 2





Basmati Rice 34 cup | 1 1/2 cups





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. Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, small bowl, zester



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 | (1/4 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.



Prep

- Meanwhile, peel, then thinly slice onion.
- Halve zucchini lengthwise, then cut into 1/4-inch half-moons.
- Peel, then mince or grate garlic.
- Core, then cut **pepper** into 1/4-inch slices.
- Thinly slice green onion.
- Zest, then juice half the lime. Cut remaining lime into wedges.



Cook veggies

- Heat a large non-stick pan over medium-high
- 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.



Cook beef

🗘 Swap | Chorizo Sausage

O 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.



Make lime aioli

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



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.

Measurements within steps

1 tbsp (2 tbsp) 2 person 4 person Ingredient

oil

4 | Cook chorizo

O 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

O 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

🚧 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.