



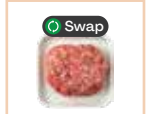
Chipotle Rice Bowls

with Beyond Meat® and Rainbow Toppings

Veggie 25 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](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g



-  Beyond Meat®
2 | 4
-  Basmati Rice
¾ cup | 1 ½ cups
-  Chipotle Sauce
2 tbsp | 4 tbsp
-  Southwest Spice Blend
1 tbsp | 2 tbsp
-  Red Cabbage, shredded
56 g | 112 g
-  Vegetable Stock Powder
1 tbsp | 2 tbsp
-  Green Onion
1 | 2
-  Tomato
1 | 2
-  Seasoned Rice Vinegar
2 tbsp | 4 tbsp
-  Corn Kernels
113 g | 227 g
-  Plant-Based Mayonnaise
2 tbsp | 4 tbsp

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 | Oil, plant-based butter, salt, pepper

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

1



Cook Rice

- Before starting, wash and dry all produce.

- Add **half the vegetable stock powder**, **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **plant-based butter** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- 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



Pickle cabbage

- Meanwhile, add **cabbage**, **vinegar**, **2 tbsp** (4 tbsp) **water** and **2 tsp** (4 tsp) **sugar** to a small pot. Season with **salt**. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **sugar** dissolves, and **cabbage** softens slightly, 1-2 min.
- Remove from heat. Transfer **cabbage**, including **liquid**, to a medium bowl.
- Set aside in the fridge to cool.

3



Prep

- Thinly slice **green onions**.
- Cut **tomato** into ¼-inch pieces. Season with **salt** and **pepper** directly on cutting board.
- Combine **chipotle sauce** and **half the plant-based mayonnaise** (use all for 4 ppl) in a small bowl. Season with **salt** and **pepper**, then stir to mix.

4



Cook Beyond Meat® and corn

[Swap](#) | [Ground Beef](#)

- Heat a large non-stick pan over high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **Beyond Meat® patties**. Cook, breaking up **patties** into bite-sized pieces, until starting to brown, 1-2 min.
- Add **corn**. Cook, stirring often and continuing to break up **patties**, until golden and lightly crispy, 5-6 min.**
- Remove from heat. Add **Southwest Spice Blend**, **remaining vegetable stock powder** and **¼ cup** (½ cup) **water**. Season with **salt** and **pepper**. Stir to combine.

5



Finish and serve

- Fluff **rice** with fork. Stir in **half the green onions**.
- Drain **pickled cabbage**.
- Divide **rice** between bowls.
- Top with **Beyond Meat®**, **pickled cabbage** and **tomatoes**.
- Drizzle **creamy chipotle sauce** and sprinkle **remaining green onions** over top.

Measurements
within steps

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

4 | Cook beef and corn

[Swap](#) | [Ground Beef](#)

If you've opted to get **beef**, when the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **beef** and **corn**. Cook, stirring often and breaking up **beef**, until lightly crispy and cooked through, 5-6 min.** Continue with the rest of the recipe as written.

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