

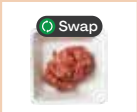


# Carb Smart Beef and Pepper Bowls

with Sweet Potatoes and Cheddar

Smart Meal

35 Minutes



Ground Turkey  
250 g | 500 g

Customized Protein

+ Add

Swap

or

x2 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



Sweet Potato  
2 | 4



Sweet Bell Pepper  
1 | 2



Red Onion  
½ | 1



Sour Cream  
1 | 2



Enchilada Spice Blend  
1 tbsp | 2 tbsp



Cheddar Cheese, shredded  
½ cup | 1 cup



Lime  
1 | 2



Cilantro  
7 g | 14 g



Tex-Mex Paste  
1 tbsp | 2 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, salt, pepper

Cooking utensils | 2 Baking sheets, measuring spoons, parchment paper, small bowl, zester, large non-stick pan

1



### Prep and roast sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **sweet potatoes** into ¼-inch rounds.
- Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **2 tsp (4 tsp) Enchilada Spice Blend, salt and pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden, 15-18 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

2



### Prep and roast veggies

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl).
- Add **peppers, onions** and ½ **tbsp (1 tbsp) oil** to another parchment-lined baking sheet. Season with **remaining Enchilada Spice Blend, salt and pepper**, then toss to combine.
- Roast in the **top** of the oven until tender, 10-14 min.

3



### Remaining prep

- Finely chop **cilantro**.
- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Add **sour cream, lime zest, ½ tbsp (1 tbsp) lime juice** and **half the cilantro** to a small bowl. Season with **salt and pepper**, then combine. (TIP: Add a pinch of sugar to the crema, if you like!)

4



### Cook beef

Swap | Ground Turkey

- Heat a large non-stick pan over medium-high heat.
- When hot, add **beef** to the dry pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully remove and discard excess fat.
- Add **Tex Mex Paste** and **2 tbsp (¼ cup) water**. Cook, stirring often, until fragrant and combined, 1-2 min.

5



### Finish and serve

- Divide **sweet potatoes** between bowls.
- Top with **veggies**, then **beef**.
- Dollop **crema** over top, then sprinkle **cheddar** and **remaining cilantro** over top.
- Squeeze a **lime wedge** over top, if desired.

Measurements within steps | 1 tbsp (2 tbsp) oil | 2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### 4 | Cook turkey

Swap | Ground Turkey

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

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