

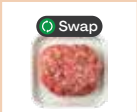


Chipotle Rice Bowls

with Beyond Meat® and Rainbow Toppings

Veggie

25 Minutes



Ground Beef
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)



Beyond Meat®
2 | 4



Basmati Rice
¼ 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, strainer

1



Cook rice

- Before starting, wash and dry all produce.

- Using a strainer, rinse **rice** until water runs clear.
- Add **half the vegetable stock powder**, **1 cup** (2 cups) **water**, **1 tbsp** (2 tbsp) **plant-based butter** and **1/8 tsp** (1/4 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 1/4-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 combine.

4



Cook Beyond Meat® and corn

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

- Heat a large non-stick pan over high heat.
- When hot, add **1/2 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 **1/4 cup** (1/2 cup) **water**. Season with **salt** and **pepper**. Stir to combine.

5



Finish and serve

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

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 beef and corn

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

If you've opted to get **beef**, cook in the same way the recipe instructs you to cook the **Beyond Meat®**.**

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