



Tex-Mex Beef Bowls

with Sour Cream and Feta

Family Friendly

25 Minutes

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)

Swap



Ground Turkey
250 g | 500 g

Swap



Beyond Meat®
2 | 4



Ground Beef
250 g | 500 g



Sour Cream
1 | 2



Tomato Salsa
½ cup | 1 cup



Sweet Bell Pepper
1 | 2



Basmati Rice
¾ cup | 1 ½ cups



Enchilada Spice Blend
8 g | 16 g



Tomato
1 | 2



Lime
½ | 1



Garlic Powder
2 g | 4 g



Feta Cheese, crumbled
½ cup | 1 cup

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.

1



Cook rice

- Before starting, wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear.
- Add **rice**, **half the garlic powder**, **1 cup** (2 cups) **water** and $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **salt** to a medium pot. Bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook 12-14 min, until **rice** is tender and liquid is absorbed.
- Remove the pot from heat. Set aside, still covered.

2



Prep

- Meanwhile, core, then cut **pepper** into $\frac{1}{2}$ -inch pieces.
- Cut **half the lime** (whole lime for 4 servings) into wedges.
- Cut **tomato** into $\frac{1}{2}$ -inch pieces.
- Add **tomatoes** to a medium bowl. Squeeze a **lime wedge** over top, then toss to coat.

3



Cook beef

- 🔄 Swap | **Ground Turkey**
- 🔄 Swap | **Beyond Meat®**
- Heat a large non-stick pan over medium-high.
- When the pan is hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **beef**.
- Cook 4-5 min, breaking up **beef** into smaller pieces, until no pink remains.**
- Carefully drain and discard excess fat.
- Add **salsa** and sprinkle **remaining garlic powder**, **half the Enchilada Spice Blend** and $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **sugar** into the pan.
- Cook 1-2 min, stirring often, until **sauce** thickens slightly. Season with **salt** and **pepper**.
- Transfer **beef** to a plate, then cover to keep warm.

4



Cook peppers

- Reheat the same pan over medium-high.
- When the pan is hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **peppers**.
- Cook 3-4 min, stirring occasionally, until tender-crisp. Season with **salt** and **pepper**.

5



Finish rice

- Add **rice** to the pan with **peppers**. Sprinkle **remaining Enchilada Spice Blend** over top.
- Cook 1-2 min, stirring constantly, until fragrant. Season with **salt** and **pepper**.

6



Finish and serve

- Season **tomatoes** with **salt** and **pepper**, then toss to coat.
- Divide **rice** between bowls. Top with **beef** and **tomatoes**.
- Dollop **sour cream** over top, then sprinkle with **feta**.
- Squeeze a **lime wedge** 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.

3 | Cook turkey

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, cook in the same way the recipe instructs you to cook the **beef**.** Disregard instructions to drain excess fat.

3 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook for 5-6 min, in the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy.** Disregard instructions to drain excess fat.