



Carb Smart Beef Taco Salad Bowls

with Pico de Gallo and Creamy Guacamole Dressing

Smart Meal

20 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)



 Swap	 Swap
	
Ground Turkey 250 g 500 g	Beyond Meat® 2 4

	
Ground Beef 250 g 500 g	Tomato 1 2

	
Guacamole 3 tbsp 6 tbsp	Green Onion 1 2

	
Cheddar Cheese, shredded 1/4 cup 1/2 cup	Sour Cream 1 2

	
Chipotle Sauce 2 tbsp 4 tbsp	Enchilada Spice Blend 1 tbsp 2 tbsp

	
Lime 1 1	Sweet Bell Pepper 1 2


Spring Mix 113 g 227 g

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.*

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

Pantry items | Oil, pepper, salt

Cooking utensils | Large bowl, large non-stick pan, measuring spoons, 2 medium bowls, small bowl, zester

1



Prep

- Before starting, wash and dry all produce.

- Core, then cut **pepper** into ½-inch pieces.
- Cut **tomato** into ½-inch pieces.
- Thinly slice **green onions**.
- Zest, then juice **half the lime** (use whole lime for 4 servings). Cut **any remaining lime** into wedges.

4



Make creamy guacamole dressing

- To a small bowl, add **guacamole**, **sour cream**, **lime zest** and **1 tbsp** (2 tbsp) **water**. (**TIP**: If you prefer a lighter dressing, add more water, 1 tsp at a time.)
- Season with **salt** and **pepper**, then stir until smooth.

2



Cook beef

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high.
- When hot, add **beef** to the dry pan. Break up **beef** into smaller pieces.
- Add **half the peppers**. Cook for 4-5 min, stirring often until no pink remains in **beef**.**
- Carefully drain and discard excess fat.
- Add **Enchilada Spice Blend**. Cook for 30 sec, stirring until fragrant.
- Transfer **beef** and **peppers** to a medium bowl.
- Add **chipotle sauce** Season with **salt** and **pepper**, if you like, then combine.

5



Dress spinach

- To a large bowl, add **remaining lime juice** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then combine.
- Add **spring mix**, then toss to coat.

3



Make pico de gallo

- Meanwhile, to another medium bowl, add **tomatoes**, **remaining peppers**, **half the green onions**, **2 tsp** (4 tsp) **lime juice** and **½ tbsp** (1 tbsp) **oil**.
- Season with **salt** and **pepper**, then stir to combine. (**TIP**: Add a pinch of sugar to the pico de gallo, if you like.)

6



Finish and serve

- Divide **dressed spinach** between bowls.
- Top with **beef** and **peppers** and **pico de gallo**.
- Drizzle **creamy guacamole dressing** over top, then sprinkle with **cheese** and **remaining green onions**.
- Squeeze a **lime wedge** over top, if you like.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

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.

2 | 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**.** Disregard instructions to drain excess fat.

2 | 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.

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