

HELLO Carb Smart Beef Taco Salad Bowls with Pice de Galle and Creamy Guacamele Dressing

with Pico de Gallo and Creamy Guacamole Dressing

Smart Meal

20 Minutes











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 🎥











Ground Beef 250 g | 500 g

1 2



Guacamole



Green Onion

1 2

3 tbsp | 6 tbsp



Cheddar Cheese. shredded



1 2

¼ cup | ½ cup



Chipotle Sauce



2 tbsp | 4 tbsp

1 tbsp | 2 tbsp



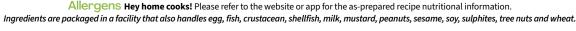








Spring Mix 113 g | 227 g





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



Prep

- · Before starting, wash and dry all produce.
- Core, then cut **pepper** into ½-inch pieces.
- Cut tomato into 1/2-inch pieces.
- Thinly slice green onions.
- Zest, then juice half the lime (use whole lime for 4 servings). Cut any remaining lime into wedges.



Cook beef

O Swap | Ground Turkey

O 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.

To a large bowl, add remaining lime juice

and 1 tbsp (2 tbsp) oil. Season with salt and

Dress spinach

pepper, then combine.

Add spring mix, then toss to coat.



- 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
- Season with salt and pepper, then stir until



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- · 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.)



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

oil

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

O 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.



Make creamy guacamole dressing

- water, 1 tsp at a time.)
- smooth.