

HELLO Carb Smart Beef Fajita Plates with Chive Croma and Sweet Potate Pounds

with Chive Crema and Sweet Potato Rounds

Smart Meal

20 Minutes





250 g | 500 g

Protein Shreds 200 g | 400 g



Ground Beef



250 g | 500 g



Yellow Onion



1 | 2







3 tbsp | 6 tbsp

½ cup | 1 cup



Enchilada Spice Blend





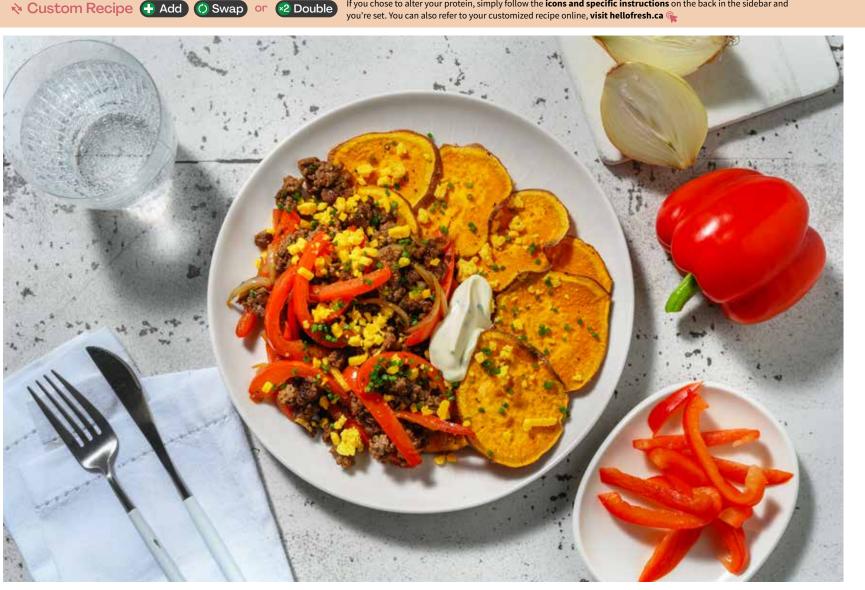
1 tbsp | 2 tbsp ½ tsp | 1 tsp



Garlic, cloves 1 | 2



Chives 7 g | 14 g



If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and

Cooking utensils | Baking sheet, measuring spoons, small bowl, large non-stick pan



Roast sweet potato rounds

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Garlic Guide for Step 5:
 - Mild: ½ tsp (½ tsp)
 Extra: ½ tsp (1 tsp)
- Cut **sweet potatoes** into ½-inch rounds.
- Add sweet potatoes and 1 tbsp oil to an unlined baking sheet. (NOTE: For 4 ppl, use 2 unlined baking sheets, with 1 tbsp oil per sheet.) Season with salt and pepper, then toss to coat.
- Roast in the **bottom** of the oven, flipping halfway through, until tender and goldenbrown, 16-18 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Prep

- Meanwhile, core, then cut pepper into ¼-inch slices.
- Peel, then cut **onion** into 1/4-inch slices.
- Peel, then mince or grate garlic.
- Roughly chop chives.



Cook beef

O Swap | Ground Turkey

🔘 Swap | Plant-Based Protein Shreds

- Heat a large non-stick pan over medium-high heat
- When hot, add ½ tbsp (1 tbsp) oil, then beef.
 Cook, breaking up beef into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Add half the garlic and half the Enchilada Spice Blend. Cook, stirring often, until fragrant, 1 min.
- Season with salt and pepper.
- Transfer **beef** to a plate.



Cook veggies

- Heat the same pan over medium-high.
- Add ½ tbsp (1 tbsp) oil, then onions and peppers. Cook, stirring occasionally, until veggies soften slightly, 3-4 min.
- Season with salt, pepper and remaining Enchilada Spice Blend. Cook, stirring occasionally, until veggies are tender-crisp, 2-3 min.
- Add beef, then toss to combine.



Make chive crema

- Meanwhile, add sour cream, half the chives,
 ½ tsp (1 tsp) vinegar and remaining garlic
 to a small bowl. (NOTE: Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.



Finish and serve

- Arrange sweet potato rounds on plates in a single layer. Top with veggies and beef, then cheese.
- Dollop chive crema over top.
- Sprinkle with **remaining chives**.

Measurements within steps 2 pers

1 tbsp (2 tbsp)

erson 4 person Ingredie

oil

3 | Cook plant-based protein shreds

O Swap | Plant-Based Protein Shreds

If you've opted to get **protein shreds**. Cook and plate it the same way as the recipe instructs you to cook the **beef**.**

3 | Cook turkey

Swap | Ground Turkey

If you've opted to get **turkey**, cook and plate it in the same way the recipe instructs you to cook and plate the **beef**.**

