



# Carb Smart Beef Taco Salad Bowls

with Pico de Gallo and Creamy Lime Dressing

Carb Smart

Quick

25 Minutes



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Ground Beef



Baby Spinach



Green Bell Pepper



Roma Tomato



Guacamole



Lime



Green Onion



Cheddar Cheese,  
shredded



Sour Cream



Chipotle Sauce



Enchilada Spice  
Blend

## HELLO ENCHILADA SPICE BLEND

*This savoury blend combines warming spices with aromatic onion and garlic!*

## Start here

Before starting, wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

## Bust out

2 Medium bowls, measuring spoons, slotted spoon, zester, large bowl, small bowl, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Baby Spinach	113 g	227 g
Green Bell Pepper	200 g	400 g
Roma Tomato	80 g	160 g
Guacamole	3 tbsp	6 tbsp
Lime	1	2
Green Onion	1	2
Cheddar Cheese, shredded	¼ cup	½ cup
Sour Cream	3 tbsp	6 tbsp
Chipotle Sauce	2 tbsp	4 tbsp
Enchilada Spice Blend	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## 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.*



### Prep

- Core, then cut **pepper** into ½-inch pieces.
- Cut **tomato** into ½-inch pieces.
- Thinly slice **green onions**.
- Zest, then juice **lime**.



### Cook beef

- Heat a large non-stick pan over medium-high heat.
- When hot, add **beef** to the dry pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. \*\*
- Carefully drain and discard excess fat.
- Add **Enchilada Spice Blend**. Cook, stirring often, until fragrant, 30 sec.
- Using a slotted spoon, transfer **beef** to a medium bowl. Add **chipotle sauce**. Season with **salt** and **pepper**, to taste, then stir to coat **beef**.



### Make pico de gallo

- Meanwhile, add **tomatoes, peppers, half the lime juice, half the green onions** and ½ **tbsp** (1 **tbsp**) **oil** to another medium bowl.
- Season with **salt** and **pepper**, then stir to combine.



### Make creamy lime dressing

- Add **sour cream, lime zest** and **1 ½ tbsp** (3 **tbsp**) **water** to a small bowl.
- Season with **salt** and **pepper**, then whisk until smooth.



### Dress spinach

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



### Finish and serve

- Divide **dressed greens** between bowls. Top with **beef, pico de gallo** and **guacamole**.
- Drizzle **creamy lime dressing** over top, then sprinkle with **cheese** and **remaining green onions**.

Dinner Solved!



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