

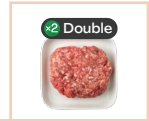


# Carb Smart Southwest Beef and Cauliflower Bowl

## with DIY Pickled Jalapeños

Carb Smart

30 Minutes



Ground Beef

500 g | 1000 g

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or

[x2 Double](#)

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Ground Beef  
250 g | 500 g



Cauliflower, florets  
285 g | 570 g



Sweet Potato  
1 | 2



Red Onion  
1 | 2



Green Bell Pepper  
1 | 2



Southwest Spice Blend  
1 tbsp | 2 tbsp



Jalapeño  
1 | 2



Chipotle Sauce  
2 tbsp | 4 tbsp



Cheddar Cheese, shredded  
1/4 cup | 1/2 cup



White Wine Vinegar  
1 tbsp | 2 tbsp



Tex-Mex Paste  
1 tbsp | 2 tbsp



Sour Cream  
3 tbsp | 6 tbsp

**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.

**Pantry items** | Oil, salt, pepper

**Cooking utensils** | Baking sheet, vegetable peeler, measuring spoons, parchment paper, small bowl, large non-stick pan, measuring cups

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

1



## Prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Peel **sweet potato**, then quarter lengthwise. Cut into ¼-inch quarter-moons.
- Cut **cauliflower** into bite-sized pieces.
- Core, then cut **pepper** into 1-inch pieces.

2



## Bake veggies

- Add **sweet potatoes, cauliflower, peppers, Southwest Spice Blend** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with half the Southwest Spice Blend and 1 tbsp oil per sheet.)
- Season with **salt** and **pepper**, then toss to combine.
- Bake in the **middle** of the oven until **veggies** are tender and golden-brown, 20-24 min. (**NOTE:** For 4 ppl, bake in the top and middle of the oven, rotating halfway through.)

3



## Prep

- Peel, then cut **onion** into ¼-inch pieces.
- Thinly slice **jalapeño** into ¼-inch rounds, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapeños!)

4



## Pickle jalapeños

- Add **vinegar, 1 tbsp** (2 tbsp) **water** and **a pinch of salt** to a small microwavable bowl. (**NOTE:** This is your pickling liquid.)
- Microwave in 15-sec. increments, stirring between each, until **salt** dissolves.
- Add **jalapeños**, then stir to combine.

5



## Cook beef mixture

- **\*2 Double | Ground Beef**
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **beef** and **onions**.
- Cook, breaking up **beef** into smaller pieces, until **onions** are tender and no pink remains in **beef**, 4-5 min.\*\*
- Carefully drain and discard excess fat.
- Add **Tex-Mex Paste** and **½ cup** (½ cup) **water**. Bring to a simmer.
- Once simmering, reduce heat to medium.
- Cook until **sauce** reduces slightly, 2-4 min. Remove from heat, cover to keep warm.

6



## Finish and serve

- Divide **roasted veggies** between bowls.
- Top with **beef mixture**.
- Dollop with **sour cream**, then drizzle with **chipotle sauce** and sprinkle **cheese** over top.
- Top each bowl with **pickled jalapeño slices**. (**TIP:** Any leftover pickled jalapeños and pickling liquid can be saved and refrigerated for up to 3 days!)

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



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