

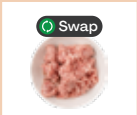


Carb Smart Southwest Beef and Veggie Bowl

with DIY Pickled Jalapeños

Smart Meal

30 Minutes



Ground Pork
250 g | 500 g

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](http://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Broccoli
227 g | 454 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, measuring cups, large non-stick pan

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 **broccoli** into bite-sized pieces.
- Core, then cut **pepper** into 1-inch pieces.

2



Season veggies

- Add **sweet potatoes, peppers, Southwest Spice Blend** and ½ **tblsp oil** to one side of a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to combine.
- Add **broccoli** and ½ **tblsp oil** to the other side of the baking sheet.
- Season with **salt** and **pepper**, then toss to combine. (**NOTE:** For 4 ppl, use 2 baking sheets, separating broccoli to its own sheet and using 1 **tblsp oil** per sheet.)

3



Roast veggies and finish remaining prep

- Roast in the **middle** of the oven until **veggies** are tender and golden-brown, 20-24 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)
- Meanwhile, 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 tblsp** (2 **tblsp**) **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

- **Swap** | **Ground Pork**
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tblsp** (1 **tblsp**) **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, then 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!)

Measurements
within steps

1 **tblsp** (2 **tblsp**) **oil**
2 person 4 person Ingredient

5 | Cook pork mixture

Swap | **Ground Pork**

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

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



Issue with your meal? Scan the QR code to share your feedback.