



Fajita-Style Beef Bowls

with Basmati Rice and Lime Crema

Family Friendly 25 - 35 Minutes



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CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Ground Beef



Beyond Meat®



Yellow Onion



Mexican Seasoning



Basmati Rice



Green Onion



Sweet Bell Pepper



Roma Tomato



Monterey Jack Cheese, shredded



Garlic Salt



Sour Cream



Lime

HELLO FAJITA BOWL

This twist on a Tex-Mex classic is the ultimate family crowd-pleaser!

Start here

Before starting, wash and dry all produce.

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

Bust out

Measuring spoons, zester, aluminum foil, medium pot, large bowl, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Beyond Meat®	2	4
Yellow Onion	½	1
Mexican Seasoning	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Green Onion	2	2
Sweet Bell Pepper	1	2
Roma Tomato	1	2
Monterey Jack Cheese, shredded	½ cup	1 cup
Garlic Salt	1 tsp	2 tsp
Sour Cream	3 tbsp	6 tbsp
Lime	1	1
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.

1



Cook rice

- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.

2



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Cut **tomato** into ½-inch pieces.
- Thinly slice **green onions**.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.
- Add **¼ tsp** (½ tsp) **lime zest**, **1 tsp** (2 tsp) **lime juice** and **sour cream** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.

3



Cook beef

- 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 **Mexican Seasoning**, **half the garlic salt** and **2 tbsp** (4 tbsp) **water**. Cook, stirring often, until fragrant, 1 min.
- Transfer **beef** to a large bowl, then cover with foil to keep warm.

If you've opted to get **Beyond Meat®**, prepare and cook it in the same way as the **beef**, until crispy.**

4



Cook peppers and onions

- Heat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **peppers, onions** and **remaining garlic salt**. Cook, stirring often, until **peppers** are tender-crisp, 3-4 min.

5



Assemble fajita rice

- Meanwhile, fluff **rice** with a fork and fold in **half the green onions**, then season with **salt**.
- Add **1 tbsp** (2 tbsp) **oil**, then **rice** to the pan with **veggies**. Cook, stirring occasionally, until **liquid** is absorbed and **rice** starts to brown, 1-2 min.

6



Finish and serve

- Divide **fajita rice mixture** between bowls. Top with **beef, tomatoes** and **remaining green onions**.
- Sprinkle **cheese** over top.
- Dollop with **lime crema**.
- Squeeze a **lime wedge** over top, if desired.



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Dinner Solved!