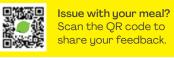


Fajita-Style Beef Bowls

with Basmati Rice and Lime Crema

Family Friendly 25 - 35 Minutes











Yellow Onion





Green Onion

Mexican Seasoning

Basmati Rice





Sweet Bell Pepper



Monterey Jack Cheese, shredded





Roma Tomato

Garlic Salt





Start here

Before starting, wash and dry all produce.

Measurements , 1 tbsp (2 tbsp), within steps

4 person Ingredient

Bust out

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

Ingredients

9		
	2 Person	4 Person
Ground Beef	250 g	500 g
Beyond Meat®	2	4
Yellow Onion	1/2	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*		

- ** 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.



Cook rice

- Add 1 ¼ cups (2 ½ cups) water and 1/8 tsp (1/4 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.



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 1/4 tsp (1/2 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.



Cook beef

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1/2 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.*



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 tendercrisp, 3-4 min.



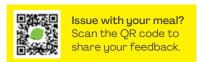
Assemble fajita rice

- 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.



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.



Dinner Solved!