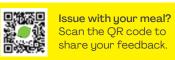


Fajita-Style Beef Bowls

with Basmati Rice and Lime Crema

Family Friendly 30 Minutes





Start here

Before starting, wash and dry all produce.

Measurements within steps	1 tbsp	(2 tbsp)	oil
	2 person	4 person	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
Chicken Breasts •	2	4
Yellow Onion	56 g	113 g
Mexican Seasoning	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Green Onion	2	2
Sweet Bell Pepper	160 g	320 g
Roma Tomato	95 g	190 g
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 beef and chicken to a minimum internal temperatures of 74°C/165°F.

 Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



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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 pot from heat. Set aside, still covered.



Prep

- Meanwhile, core, then cut pepper into ¹/₂-inch pieces.
- Peel, then cut half the onion into ¹/₂-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.





 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.



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 **chicken breasts**, pat dry with paper towels, then cut into 2-inch pieces. Cook **chicken pieces** in the same way the recipe instructs you to cook the **beef**.**



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!



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.