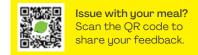


Mexican-Inspired Veggie Bowls

with Beyond Meat® and Red Rice

Veggie

30 Minutes







Beyond Meat®





Green Bell Pepper





Cheddar Cheese, shredded

Tex-Mex Paste





Tomato Sauce Base

Basmati Rice





Garlic, cloves

Roma Tomato



Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), within steps

Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Sour Cream	6 tbsp	12 tbsp
Lime	1	1
Green Bell Pepper	200 g	400 g
Cheddar Cheese, shredded	1/4 cup	½ cup
Tex-Mex Paste	1 tbsp	2 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Garlic, cloves	2	4
Roma Tomato	95 g	190 g
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.



Prep

- Core, then cut the **pepper** into ¼-inch strips.
- Cut **tomato** into ¼-inch pieces.
- · Zest, then juice half the lime (whole lime for 4 ppl). Cut any remaining lime into wedges.
- Peel, then mince or grate garlic.



Cook rice

- Heat a medium pot over medium heat.
- When hot, add 1 tbsp (2 tbsp) oil then tomato sauce base, rice and half the garlic. Cook, stirring often, until fragrant, 1-2 min.
- Add 1 1/3 cups (2 1/2 cups) water. Cover and bring to a boil over high heat.
- Once boiling, reduce the heat to low. Cook, still covered, until rice is tender and liquid is absorbed, 12-14 min.



Cook peppers

- While **rice** cooks, heat a large non-stick pan over medium-high heat.
- When hot, add 1/2 tbsp (1 tbsp) oil, then peppers. Cook, stirring often, until tendercrisp, 4-5 min. Transfer cooked peppers to a plate.



Cook Beyond Meat®

- · Reheat the same pan over medium-high.
- When hot, add 1 tbsp (2 tbsp) oil, then Beyond Meat®. Break up patties into bitesized pieces, then add Tex-Mex Paste and remaining garlic. Cook until slightly crispy, 5-6 min.** Season with salt and pepper.



Make crema

• Meanwhile, stir together sour cream, ½ tsp (1 tsp) lime zest, 1 tsp (2 tsp) lime **juice** and 1/4 tsp (1/2 tsp) sugar in a small bowl. Season with salt and pepper. Set aside.



Finish and serve

- When rice is tender, fluff with a fork. Season with salt and pepper, to taste.
- Divide **rice** between bowls.
- Top with Beyond Meat®, peppers, tomatoes and cheese. Dollop with lime crema.
- Squeeze a **lime wedge** over top, if desired.



