



Mexican-Inspired Veggie Bowls

with Beyond Meat® and Red Rice

Veggie

30 Minutes



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Beyond Meat®



Sour Cream



Lime



Green Bell Pepper



Cheddar Cheese,
shredded



Tex-Mex Paste



Tomato Sauce Base



Basmati Rice



Garlic, cloves



Roma Tomato

HELLO TEX-MEX PASTE

Smoky, sweet and spicy combine for the perfect Tex-Mex flavour!

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 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	¼ 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 Beyond Meat®

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



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 ½ cups** (2 ½ 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.



Make crema

- Meanwhile, stir together **sour cream**, **½ tsp** (1 tsp) **lime zest**, **1 tsp** (2 tsp) **lime juice** and **¼ tsp** (½ tsp) **sugar** in a small bowl. Season with **salt** and **pepper**. Set aside.



Cook peppers

- While **rice** cooks, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers**. Cook, stirring often, until tender-crisp, 4-5 min. Transfer **cooked peppers** to a plate.



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.

Dinner Solved!



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