



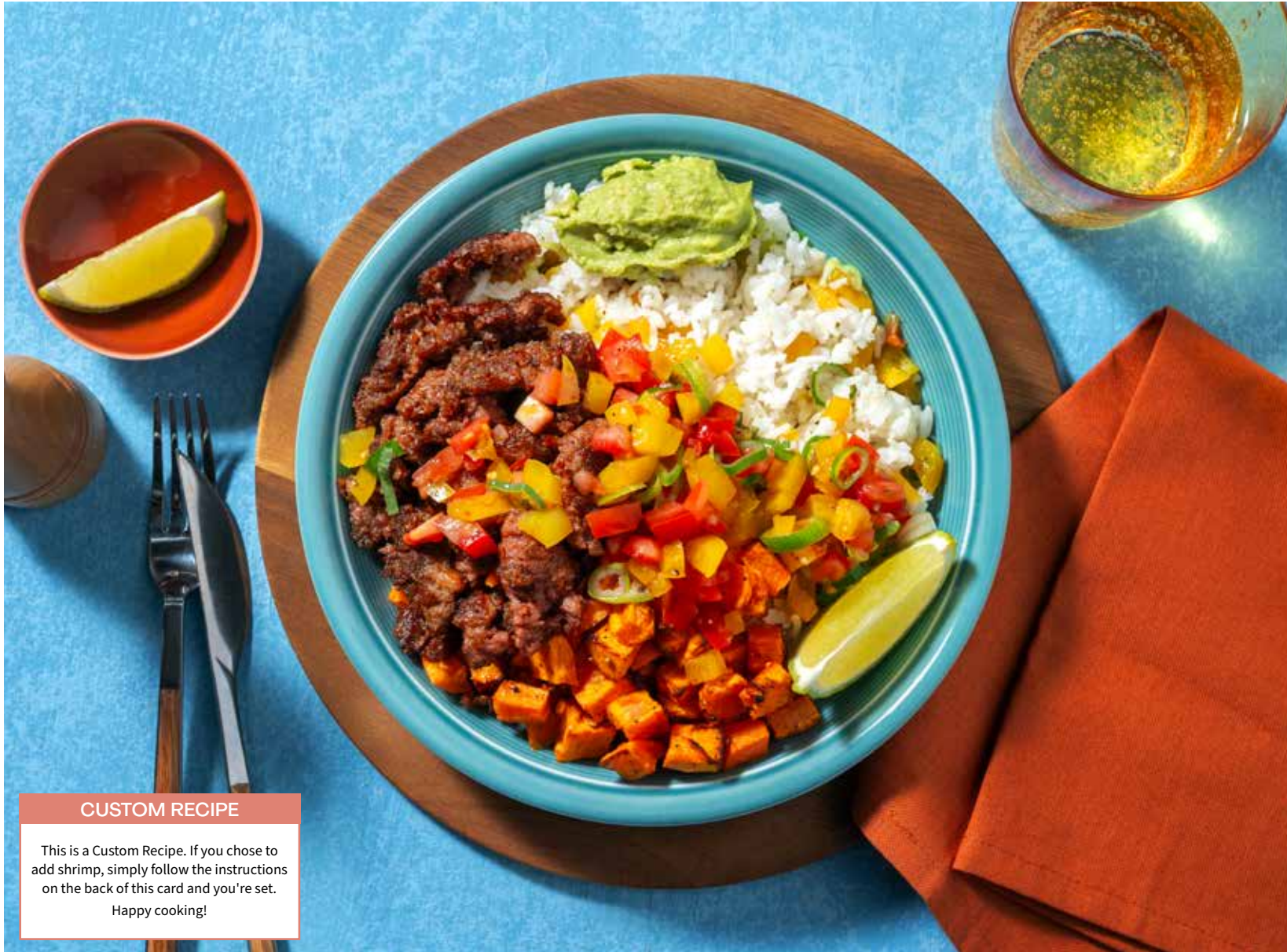
# Veggie Burrito Bowls












with Plant-Based Protein and DIY Salsa

Veggie 35 Minutes



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-  Plant-Based Burger Patty
-  Shrimp
-  Basmati Rice
-  Sweet Potato
-  Sweet Bell Pepper
-  Tomato
-  Green Onion
-  Lime
-  Tex-Mex Paste
-  Guacamole
-  Zesty Garlic Blend

**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

HELLO LIME ZEST  
Punch up the flavour of sour cream with a sprinkle of lime zest!

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

## Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, zester, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Plant-Based Burger Patty	2	4
Shrimp	285 g	570 g
Basmati Rice	¾ cup	1 ½ cups
Sweet Potato	1	2
Sweet Bell Pepper	1	2
Tomato	2	4
Green Onion	1	2
Lime	1	1
Tex-Mex Paste	1 tbsp	2 tbsp
Guacamole	3 tbsp	6 tbsp
Zesty Garlic Blend	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook plant-based protein and shrimp 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. Bring to a boil over high heat.
- 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.

4



### Cook plant-based protein

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **patties**. Cook, breaking up **patties** into bite-sized pieces, until slightly crispy, 5-6 min.\*\*
- Add **Tex-Mex paste**, **Zesty Garlic Blend** and **½ cup** (¾ cup) **water**. Cook, stirring occasionally, until slightly thickened, 2-3 min.
- Remove from heat. Season with **pepper**, to taste. Cover to keep warm.

If you opted to add **shrimp**, when **plant-based protein** is done, transfer to a plate. Cover to keep warm. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan over medium. When hot, add **½ tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 3-4 min.\*\*

2



### Roast sweet potatoes

- Meanwhile, peel, then cut **sweet potato** into ½-inch pieces.
- Add **sweet potatoes** and **½ tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 15-18 min.

5



### Prep and make DIY salsa

- Cut **tomatoes** into ¼-inch pieces.
- Thinly slice **green onion**.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **remaining lime** into wedges.
- Add **tomatoes**, **half the charred peppers**, **half the green onions**, **half the lime juice** and **½ tsp** (1 tsp) **sugar** to a medium bowl.
- Season with **salt** and **pepper**, then stir to combine.

3



### Cook peppers

- Meanwhile, core, then cut **pepper** into ¼-inch pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers**. Cook, stirring occasionally, until tender-crisp and charred in spots, 3-4 min. Season with **salt** and **pepper**, to taste.
- Remove the pan from heat, then transfer **peppers** to a plate to cool.

6



### Finish and serve

- Add **guacamole**, **lime zest** and **remaining lime juice** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Fluff **rice** with a fork, then stir in **remaining peppers** and **remaining green onions**.
- Divide **rice** between bowls. Top with **sweet potatoes**, **plant-based protein** and **DIY salsa**.
- Dollop with **lime guacamole**.
- Squeeze a **lime wedge** over top, if desired.

Top each bowl with **shrimp**.

## Dinner Solved!



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