

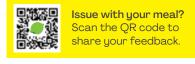
# Veggie Taco Bowls

with Beyond Meat® and Mexican-Style Red Rice

Veggie

Spicy

35 Minutes











Beyond Meat®



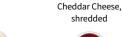


Roma Tomato













Mexican Seasoning









Basmati Rice



Chipotle Powder



Garlic Salt

HELLO BEYOND MEAT®

## Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

### Bust out

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

## Ingredients

3. 3		
	2 Person	4 Person
Beyond Meat®	2	4
Sour Cream	3 tbsp	6 tbsp
Roma Tomato	95 g	190 g
Green Bell Pepper	200 g	400 g
Lime	1	1
Cheddar Cheese, shredded	1/4 cup	½ cup
Mexican Seasoning	1 tbsp	2 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Chipotle Powder 🤳	1/4 tsp	½ tsp
Garlic Salt	½ tsp	1 tsp
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.



### Prep

- Cut tomato into 1/4-inch pieces.
- Core, then cut **pepper** into 1/4-inch slices.
- Zest half the lime (whole lime for 4 ppl). Cut remaining lime into wedges.
- Add lime zest and sour cream to a small bowl. Season with salt and pepper, then stir to combine. Set aside.



#### Cook rice

- Heat a medium pot over medium heat.
- When hot, add 1 tbsp (2 tbsp) oil, then tomato sauce base and rice. Cook, stirring often, until fragrant, 1-2 min.
- Add 1 1/4 cups (2 1/2 cups) water. Cover and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook, until rice is tender and liquid is absorbed, 12-14 min. Remove from heat.
- Season rice with garlic salt, then stir in tomatoes.
- Cover and set aside.



- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then peppers. Cook, stirring often, until tendercrisp, 3-4 min.
- Season with salt and pepper, to taste.
- Transfer **peppers** to a plate, then cover to keep warm.



## Cook Beyond Meat®

- Add 1 tbsp (2 tbsp) oil to the same pan, then Beyond Meat®.
- Break up **patties** into bite-sized pieces, then add Mexican Seasoning and 1/4 tsp (1/2 tsp) chipotle powder.
- · Cook, stirring occasionally, until Beyond Meat® is slightly crispy, 5-6 min.\*\* Season with 1/4 tsp (1/2 tsp) salt and pepper.
- Remove from heat.



- Once **rice** is tender, fluff with a fork.
- Season with salt and pepper, to taste.



## Finish and serve

- Divide Mexican-style red rice between bowls. Top with **Beyond Meat®** and **peppers**.
- Sprinkle with **cheese**, then dollop with lime crema.
- Squeeze a lime wedge over top, if desired.

**Dinner Solved!**