

Veggie Taco Bowls

with Protein Shreds and Mexican-Style Red Rice

Veggie

Optional Spice 35 Minutes



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Plant-Based Protein Shreds







Roma Tomato



Sweet Bell Pepper





Cheddar Cheese,



Mexican Seasoning

shredded





Tomato Sauce Base





Chipotle Powder

Basmati Rice

Green Onion



Garlic Salt



This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

Start here

Before starting, wash and dry all produce.

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

Heat Guide for Step 4:

- Mild: 1/8 tsp (1/4 tsp)
- Medium: 1/4 tsp (1/2 tsp)
- Spicy: 1/2 tsp (1 tsp)
- Extra-spicy: 1 tsp (2 tsp)

Bust out

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

Ingredients

	2 Person	4 Person
Plant-Based Protein Shreds	200 g	400 g
Double Plant-Based Protein Shreds	400 g	800 g
Sour Cream	3 tbsp	6 tbsp
Roma Tomato	1	2
Sweet Bell Pepper	1	2
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
Green Onion	2	2
Chipotle Powder 🥒	1/4 tsp	½ tsp
Garlic Salt	½ tsp	1 tsp
Oil*		

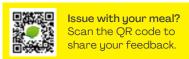
Salt and Pepper*

- * 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

- Thinly slice green onions.
- 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 into wedges.
- Add lime zest and sour cream to a small bowl. Season with salt and pepper, then stir to combine. Set aside.



Cook protein shreds

- Add 1 tbsp (2 tbsp) oil to the same pan, then protein shreds. Cook, flipping once or twice, until crispy, 5-6 min.** (NOTE: Cook in batches, if necessary.)
- Add Mexican Seasoning and
 4 tsp (½ tsp) chipotle powder.
 (NOTE: Reference heat guide). Cook, stirring often, until fragrant and shreds are coated,
 1-2 min.
- Season with 1/4 tsp (1/2 tsp) salt and pepper.
- Remove from heat.

If you've opted for **double protein shreds**, don't overcrowd the pan. Cook in batches, if necessary.



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** ¼ cups (2 ½ cups) water. Cover and bring to a boil over high heat.
- 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 ½ tsp (1 tsp) garlic salt, then stir in tomatoes. Cover and set aside.



Cook peppers

- 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 tender-crisp, 3-4 min.
- Season with salt and pepper, to taste.
- Transfer **peppers** to a plate, then cover to keep warm.



- Once **rice** is tender, fluff with a fork.
- Stir in **half the green onions**, then season with **salt** and **pepper**, to taste.



Finish and serve

- Divide **Mexican-style red rice** between bowls. Top with **protein shreds** and **peppers**.
- Sprinkle with **cheese**, then dollop with **lime crema**.
- Sprinkle with **remaining green onions**.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!