



# Veggie Taco Bowls

with Protein Shreds and Mexican-Style Red Rice

Veggie Optional Spice 35 Minutes



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**CUSTOM RECIPE**

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!

- Plant-Based Protein Shreds
- Double Plant-Based Protein Shreds
- Sour Cream
- Roma Tomato
- Sweet Bell Pepper
- Lime
- Cheddar Cheese, shredded
- Mexican Seasoning
- Tomato Sauce Base
- Basmati Rice
- Green Onion
- Chipotle Powder
- Garlic Salt

HELLO MEXICAN SEASONING

A combination of smoky, sweet and spicy for the perfect Tex-Mex flavour!

## Start here

Before starting, wash and dry all produce.

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

### Heat Guide for Step 4:

- Mild: **¼ tsp** (¼ tsp)
- Medium: **½ tsp** (½ tsp)
- Spicy: **½ 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	¼ 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 🌶️	¼ 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.*



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1



## Prep

- Thinly slice **green onions**.
- Cut **tomato** into ¼-inch pieces.
- Core, then cut **pepper** into ¼-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.

4



## 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 **¼ tsp** (½ tsp) **chipotle powder**. (**NOTE**: Reference heat guide). Cook, stirring often, until fragrant and **shreds** are coated, 1-2 min.
- Season with **¼ tsp** (½ 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.

2



## 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.

5



## Finish rice

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

3



## 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.

6



## 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!