



Chipotle Beef and Quinoa Bowl

with Pico de Gallo and Chipotle Crema

Spicy

35 Minutes



Ground Beef



White Quinoa



Sweet Potato



Roma Tomato



Sour Cream



Southwest
Spice Blend



Chipotle Powder



Lime



Garlic



Baby Spinach



Shallot



Cilantro

HELLO SOUTHWEST SPICE BLEND

This blend is crucial in Tex-Mex dishes and adds Southern flair to this dish.

Start here

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

Heat Guide for Steps 4 and 5 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust Out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
White Quinoa	½ cup	1 cup
Sweet Potato	340 g	680 g
Roma Tomato	80 g	160 g
Sour Cream	3 tbsp	6 tbsp
Southwest Spice Blend	1 tbsp	2 tbsp
Chipotle Powder 🌶️	1 tsp	2 tsp
Lime	1	2
Garlic	9 g	18 g
Baby Spinach	113 g	227 g
Shallot	50 g	100 g
Cilantro	7 g	14 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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Cook quinoa

Peel, then finely chop **shallot**. Peel then finely mince or grate **garlic**. Heat a medium pot over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring, until **shallots** soften, 1-2 min. Add a **third of the garlic**. Cook, stirring, until **garlic** is fragrant, 30 sec. Stir in **quinoa, 1 cup water** and ¼ **tsp salt** (dbl both for 4 ppl). Bring to a boil, then reduce heat to medium-low. Cook, covered, until **water** has absorbed and **quinoa** is tender, 15-18 min. Turn heat off and keep covered for 5 min.



Make chipotle crema

Stir together **sour cream, remaining lime juice, remaining lime zest** and ¼ **tsp chipotle powder** in a small bowl. (NOTE: Reference Heat Guide.) Season with **salt and pepper**.



Roast sweet potatoes

While quinoa cooks, peel, then cut **sweet potatoes** into ½-inch pieces. Transfer to a parchment-lined baking sheet. Sprinkle with **half the Southwest Spice Blend**, then season with **salt and pepper**. Drizzle **1 tbsp oil** (dbl for 4 ppl) over top, then toss to coat. Bake in the **middle** of the oven, flipping halfway, until **sweet potatoes** are golden-brown and tender, 16-20 min.



Cook beef

Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ** Season with **salt and pepper**. Carefully drain **excess fat** from the pan, then return to heat. Add **remaining garlic** and sprinkle with **remaining Southwest Spice Blend** and ¼ **tsp chipotle powder**. (NOTE: Reference Heat Guide.) Cook, stirring, until **garlic** and **spices** are fragrant, 1-2 min.



Make pico de gallo

While the **sweet potatoes** roast, quarter, deseed, then chop **tomato** into ¼-inch pieces. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Finely chop **cilantro**. Add **tomatoes, half of the remaining garlic, half the lime juice, half the lime zest** and ½ **tsp cilantro** (dbl for 4 ppl) to a medium bowl. Mix to combine.



Finish and serve

Add **spinach** to the pot with **quinoa**, then stir until **spinach** is gently wilted. Divide **quinoa** between bowls. Top with **beef, roasted sweet potatoes** and **pico de gallo**. Dollop over **chipotle crema** and serve with a **lime wedge**. Garnish with **remaining cilantro** and sprinkle with any **remaining chipotle powder**, if desired.

Dinner Solved!