



# Philly Cheesesteak-Style Bowl

with Peppers, Kale and Cheddar Cheese

Carb Smart

30 Minutes



Ground Beef



Green Bell Pepper



Sweet Bell Pepper



Yellow Onion



Kale, chopped



Pastrami Spice Blend



Cheddar Cheese,  
shredded



Beef Broth  
Concentrate

## HELLO PASTRAMI SPICE

*A zippy blend of herbs and spices typically used to cure beef*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust Out

Baking sheet, measuring spoons, large bowl, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Green Bell Pepper	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Yellow Onion	113 g	113 g
Kale, chopped	113 g	227 g
Pastrami Spice Blend	1 tbsp	2 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Beef Broth Concentrate	1	2
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.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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## Prep

Core, then cut **peppers** into ½-inch slices. Peel, then cut **onion** into ¼-inch slices. Add **kale** and ½ **tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper** and toss to combine. Set aside.



## Cook beef

While **veggies and kale** roast, heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **beef** and **remaining Pastrami Spice Blend**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. \*\* Stir in **broth concentrate**. Season with **salt** and **pepper**.



## Roast veggies

Toss the **peppers, onions, half the Pastrami Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt**. Roast in the **middle** of the oven, stirring halfway through cooking, until tender, 18-20 min. (**NOTE:** You will add the kale to the baking sheet halfway through roasting the veggies.)



## Finish and serve

Divide **roasted veggies and kale** between bowls. Top with **beef**. Sprinkle **cheese** over **beef**.

## Dinner Solved!



## Roast veggies and kale

Halfway through roasting **veggies**, add **kale** to the baking sheet and toss to combine. Continue roasting until **veggies and kale** are tender, 8-10 min.