



Veggie Taco Bowl

with Beyond Meat® and Mexican-Style Red Rice

Veggie 35 Minutes



Beyond Meat®



Sour Cream



Roma Tomato



Kale Slaw Mix



Lime



Cheddar Cheese,
shredded



Mexican Seasoning



Tomato Sauce



Basmati Rice



Garlic

HELLO BEYOND MEAT®
You won't believe it's not meat!

Start here

Before starting, wash and dry all produce.

Bust Out

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

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Sour Cream	6 tbsp	12 tbsp
Roma Tomato	80 g	160 g
Kale Slaw Mix	113 g	227 g
Lime	1	2
Cheddar Cheese, shredded	¼ cup	½ cup
Mexican Seasoning	1 tbsp	2 tbsp
Tomato Sauce	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cup
Garlic	6 g	12 g
Sugar*	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 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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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

Contact

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1 Prep

Cut **tomato** into ¼-inch pieces. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Peel, then mince or grate **garlic**.



2 Cook rice

Heat a medium pot over medium heat. When hot, add **1 tbsp oil**, then **half the garlic**, **tomato sauce** and **rice**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ½ cups water** (2 ½ cups for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce the heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



3 Cook Beyond Meat®

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **Beyond Meat®**. Break up **patties** into bite-sized pieces, then add **Mexican seasoning** and **remaining garlic**. Cook, until slightly crispy, 5-6 min. ** Season with **salt** and **pepper**. Remove the pan from heat.



4 Make crema and salad

While **Beyond Meat®** cooks, whisk together **lime juice**, **½ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **kale slaw mix** and **tomatoes**. Toss to combine. Combine **lime zest** and **sour cream** in a small bowl. Season with **salt** and **pepper**. Set aside.



5 Finish and serve

When **rice** is tender, fluff with a fork, then season with **salt** and **pepper**. Divide **Mexican-style rice** between bowls. Top with **Beyond Meat®** and sprinkle over **cheese**. Top with **kale slaw** and a dollop of **lime crema**. Squeeze over a **lime wedge**, if desired.

Dinner Solved!