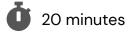




## **Beef Taco Bowl**

### with Lime Crema Dollop

A fiesta in a bowl! Mexican spiced beef on a bed of rice with sweet cherry tomatoes, capsicum and corn, finished with a dollop of garlic lime sour cream.





2 servings



# Switch it up!

You can serve all the ingredients wrapped in a burrito! For a warmer meal, cook the vegetables with the beef and chopped tomatoes to make a chilli con carne, and serve with rice and sour cream.

PROTEIN TOTAL FAT CARBOHYDRATES 28g 88g

#### **FROM YOUR BOX**

BASMATI RICE	150g
BEEF MINCE	300g
SPRING ONIONS	1 bunch
CHERRY TOMATOES	1 packet (200g)
GREEN CAPSICUM	1
CORN COB	1
SOUR CREAM	1 tub
LIME	1
GARLIC CLOVE	1

#### FROM YOUR PANTRY

salt, pepper, smoked paprika, ground cumin

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

You can add some salsa or tomato paste to the beef for added flavour. To spice it up, add some ground chilli or jalapeños to taste.



#### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



#### 2. COOK THE BEEF

Heat a frypan over medium-high heat. Add beef mince. Slice and add spring onions (reserve some tops for garnish) along with 3 tsp smoked paprika and 3 tsp cumin. Cook for 8-10 minutes until crispy (see notes). Season with salt and pepper.



#### 3. PREPARE THE TOPPINGS

Halve or quarter tomatoes. Dice capsicum and remove corn from cob. Set aside.



#### 4. MAKE THE LIME CREMA

Combine sour cream with lime zest, juice from 1/2 lime (wedge remaining) and 1/2-1 crushed garlic clove. Season with salt and pepper to taste.



#### **5. FINISH AND SERVE**

Divide rice among bowls. Top with even amounts of beef and toppings. Finish with a dollop of lime crema, spring onion tops and lime wedges.





How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au