



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Sour Cream

Sour cream is a traditional, fermented dairy product that has been part of the human diet for centuries. Fermentation of milk products reduces the lactose content (milk sugars).



## N2 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.



20 minutes



2 servings



Beef

December 2022

## 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.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	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**

