




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).



N4 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

 4 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** 42g **TOTAL FAT** 18g **CARBOHYDRATES** 73g

FROM YOUR BOX

BASMATI RICE	300g
BEEF MINCE	600g
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 **1 1/2 tbsp smoked paprika** and **1 1/2 tbsp 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 and 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**

