



Mexican Style Pilaf

with Bell Pepper and Soured Cream

Family 20 Minutes • Medium Spice • 1 of your 5 a day

2



Basmati Rice



Garlic Clove



Bell Pepper



Beef Mince



Tomato Puree



Ground Cumin



Chicken Stock Paste



Chipotle Paste



Soured Cream

Pantry Items

Oil, Salt, Pepper, Honey, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Kettle, saucepan, sieve, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	1	2	2
Bell Pepper***	1	1½	2
Beef Mince**	240g	360g	480g
Tomato Puree	30g	45g	60g
Ground Cumin	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	15g	20g	30g
Chipotle Paste	20g	30g	40g
Soured Cream** 7)	75g	150g	150g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3245 /776	808 /193
Fat (g)	37.1	9.2
Sat. Fat (g)	18.2	4.5
Carbohydrate (g)	76.7	19.1
Sugars (g)	14.2	3.5
Protein (g)	36.8	9.2
Salt (g)	2.30	0.57

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve, then pop it on top of the pan and allow to steam until ready to use.



Add the Flavour

- Add the **garlic**, **tomato puree** and **ground cumin** to the **beef**. Stir-fry for 1 min.
- Stir in the **chicken stock paste**, **chipotle paste** (add less if you'd prefer things milder) and **water for the sauce** (see pantry for amount).
- Simmer until thickened, 1-2 mins.



Prep the Veg

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



Combine your Pilaf

- Stir the **honey** and **butter** (see pantry for both amounts) into the **sauce** until combined.
- Add the **cooked rice** to the pan and stir until well combined.



Fry the Mince

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **beef mince** and **sliced pepper**. Fry until browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Serve

- Share your **beef pilaf** between your bowls.
- Top with a dollop of **soured cream** to finish.

Enjoy!