



# 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
-  British 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
British 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 tbsps	1½ tbsps	2 tbsps
Butter*	20g	30g	40g

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	402g	100g
Energy (kJ/kcal)	3234/773	805/192
Fat (g)	37.0	9.2
Sat. Fat (g)	18.2	4.5
Carbohydrate (g)	76.2	19.0
Sugars (g)	14.7	3.7
Protein (g)	36.8	9.2
Salt (g)	2.29	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, mollusc, 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. Be careful when adding water to hot pans while cooking.

## Contact

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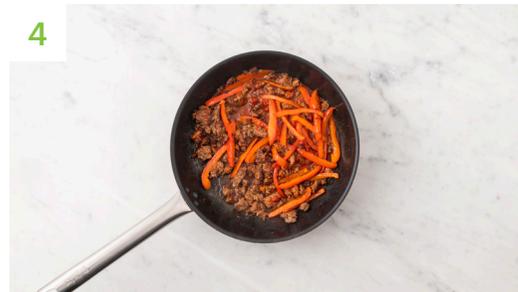
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## Cook the Rice

- 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** 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!