



# Midweek 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



On the table in less than 25 minutes, this Midweek Mexican Style Pilaf is quick but still full of flavour. It combines the Indian technique of pilaf, a sautéed rice dish, with Mexican flavours from chipotle and cumin.

#### 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 or orange 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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## 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!