



SEP
2016

Cuban-Style Beef Picadillo

with Hearty Rice & Beans

Beef picadillo is a slow-simmered stew enjoyed throughout Latin America. We're making a quick version with sweet and savoury additions like raisins, cinnamon and olives to make it extra delicious. Of course, this Cuban dish wouldn't be complete without some good ol' rice & beans!



Prep
30 min



level 1



gluten
free



dairy
free



Ground Beef



Bell Pepper



Basmati Rice



Kidney Beans



Onion



Oregano



Cinnamon



Chili Flakes



Garlic



Sultana Raisins



Green Olives



Crushed Tomatoes

Ingredients

	2 People	4 People	
Ground Beef	1 pkg (250 g)	2 pkg (500 g)	
Green Bell Pepper, chopped	1 pkg (170 g)	2 pkg (340 g)	
Garlic	2 cloves	4 cloves	
Green Olives	1 pkg (28 g)	2 pkg (56 g)	
Basmati Rice	1 pkg (¾ cup)	2 pkg (1½ cup)	
Chili Flakes 	1 pkg (1 tsp)	1 pkg (1 tsp)	
Sultana Raisins	1 pkg (28 g)	2 pkg (56 g)	
Crushed Tomatoes	1 box	2 boxes	
Red Kidney Beans	1 can	2 cans	
Oregano	1 pkg (7 g)	2 pkg (14 g)	
Cinnamon	1 pkg (1 tsp)	2 pkg (2 tsp)	
Onion, chopped	1 pkg (113 g)	2 pkg (227 g)	
Olive or Canola Oil*			

*Not Included

Allergens

(None)

Tools

Strainer, Small Pot, Large Pan, Measuring Spoons, Measuring Cups

Ruler

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Nutrition per person Calories: 742 cal | Fat: 34 g | Protein: 45 g | Carbs: 101 g | Fiber: 8 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Wash and dry all produce. Bring **1½ cups salted water** (double for 4 people) to a boil in a small pot. Drain and rinse the **kidney beans**. Mince or grate the **garlic**. Finely chop the **olives** and **4 tsp oregano leaves** (double for 4 people.)



2 Cook the rice: Add **rice** to the boiling water. Reduce the heat to medium-low. Simmer, covered, until the **rice** is tender and the water has been absorbed, 10-12 min.



3 Make the picadillo: Meanwhile, heat a large pan over medium heat with a drizzle of **oil**. Add the **onion** and **bell pepper**. Cook, stirring often, until vegetables soften, 4-5 min.

4 Add the **ground beef** and **garlic** to the pan. Cook, breaking up the meat with a spatula, until no longer pink, 4-5 min. Add the **olives**, **raisins**, **cinnamon** and **half the oregano** to the pan. Cook for 1-2 min. Stir in **crushed tomatoes** and as much **chili flakes** as you like. Simmer, stirring occasionally, until slightly thickened, about 5 min. Season with **salt** and **pepper**.

5 Make the rice and beans: Meanwhile, stir the **beans** and **remaining oregano** into the **rice**.

6 Finish and serve: Serve the **picadillo** over the **rice and beans**. Enjoy!

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