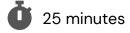




# Beef Picadillo

# with Yellow Rice

A delicious Cuban inspired beef stew with warm flavours of cinnamon, currants and olives served over a bed of yellow rice.





2 servings



# Switch it up!

You can serve this stew over mashed potatoes if preferred! The vegetables can also easily be switched – zucchini, cherry tomatoes and mushrooms all work well!

#### FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
GREEN CAPSICUM	1
CARROT	1
CINNAMON/CURRANTS	1 packet
TOMATO PASTE	1 sachet
BEEF SCALLOPINI	300g
GREEN OLIVES	1 jar

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, plain flour, ground cumin

#### **KEY UTENSILS**

large frypan with lid, saucepan with lid

#### **NOTES**

For an added flavour boost, you can add a crumbled stock cube or use liquid stock instead of water in step 3.



#### 1. COOK THE RICE

Place rice, 1/2 tsp turmeric and a pinch of salt in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



# 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with oil. Dice onion and capsicum. Grate carrot. Add to pan as you go along with 1/2 tsp turmeric and 1/2 tbsp cumin. Cook for 3-4 minutes until fragrant.



#### 3. SIMMER THE STEW

Add cinnamon and currants. Stir in tomato paste and 11/2 cups water until combined (see notes). Cover and simmer for 10 minutes.



#### 4. PREPARE THE BEEF

Slice beef scallopini. Toss with 1 tbsp flour, salt and pepper.



### 5. ADD THE BEEF

Drain and rinse olives (use to taste). Stir into stew along with beef and simmer for 3-4 minutes until cooked through and stew is thickened. Season stew with salt and pepper to taste.



#### 6. FINISH AND SERVE

Serve beef picadillo with yellow rice.

