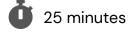




Beef Picadillo

with Yellow Rice

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





4 servings



Beef

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 | 300g |
|--------------------------------|----------|
| BROWN ONION | 1 |
| GREEN CAPSICUM | 1 |
| CARROT | 1 |
| | |
| CINNAMON/CURRANTS | 1 packet |
| CINNAMON/CURRANTS TOMATO PASTE | 1 packet |
| | • |
| TOMATO PASTE | 1 sachet |

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 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 tsp turmeric and 1 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 2 tbsp flour, salt and pepper.



5. ADD THE BEEF

Drain and rinse olives. 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.

