

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Olives

Green olives are picked when they have reached full size but before they have had a chance to fully ripen.



3

Beef Picadillo

with Yellow Rice

Latin America inspired mild & aromatic beef stew served over yellow rice. Loved by everyone in the Dinner Twist kitchen!



20 minutes






2 servings



Beef

26 October 2020

FROM YOUR BOX

BASMATI RICE	150g
BEEF MINCE 	300g
BROWN ONION	1
GARLIC CLOVES	2
CURRENT & SPICE MIX	1 tub
CHOPPED TOMATOES	400g
GREEN CAPSICUM	1
CARROT	1
GREEN OLIVES	1 jar
 ZUCCHINI	1
 RED LENTILS	50g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

salt, pepper, ground turmeric, cornflour (or plain flour)

KEY UTENSILS


saucepan, frypan

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

This dish is very mild. For more flavour you can add 1 tsp ground cumin or oregano alternatively a chicken or veg stock cube!

No beef option – beef mince is replaced with chicken mince. Use oil in pan.

 **VEG OPTION** – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.




1. COOK THE RICE

Place rice and **1/2 tsp turmeric** in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, bring to the boil and simmer for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



4. SIMMER THE BEEF


Sprinkle over **1/2 tbsp cornflour** and combine well. Stir in chopped tomatoes and **1/2 tin water**. Chop capsicum and grate carrot, add to pan and simmer semi-covered for 8 minutes.

 **VEG OPTION** – Add zucchini and lentils & 1/2 cup extra water. Simmer for 10 mins, covered, or until lentils are soft.



2. BROWN THE MINCE

Heat a frypan over medium-high heat. Add beef mince and cook for 4–5 minutes until browned and 'dry'. Break up lumps with a spatula.

 **VEG OPTION** – Chop or grate zucchini. Move to step 3.



5. ADD THE OLIVES

Stir in drained olives and adjust seasoning to taste with **salt and pepper** (see notes).



3. ADD THE SEASONING

Slice or chop onion and add to pan with crushed garlic and current & spice mix.



6. FINISH AND SERVE

Serve beef picadillo over yellow rice.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

