



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Sicilian Olives


Sicilian olives are bright green with meaty, buttery flesh and a mild slightly sweet flavour. Delicious in cooking or just as a snack!



## 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

 4 servings

 Beef

26 October 2020

## FROM YOUR BOX

BASMATI RICE	300g
BEEF MINCE 	600g
BROWN ONION	1
GARLIC CLOVES	2
CURRENT & SPICE MIX	1 tub
TOMATO PASTE	1 sachet
CHOPPED TOMATOES	400g
GREEN CAPSICUM	1
CARROT	1
SICILIAN OLIVES	1 tub
 ZUCCHINI	1
 RED LENTILS	100g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

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

## KEY UTENSILS


saucepan, large 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 1-2 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 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 tbsp cornflour** and combine well. Stir in tomato paste, chopped tomatoes and **1 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. Add 1 stock cube for extra flavour.



### 2. BROWN THE MINCE

Heat a large frypan over medium-high heat. Add beef mince and cook for 5-6 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 currennt & 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](mailto:hello@dinnertwist.com.au)

