



# Beef and Pork Picadillo

with Black Bean Rice



## HELLO CAPERS

*Capers are the pickled flower bud of a thorny Mediterranean bush.*



Green Pepper



Coriander



Lime



Raisins



Black Beans



Beef Mince



Pork Mince



Capers



Ground Cumin



Dried Oregano



Chicken Stock Pot



Basmati Rice



Finely Chopped Tomatoes with Garlic & Onion

MEAL BAG

40 mins

2.5 of your 5 a day

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Colander**, **Frying Pan**, **Large Saucepan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



## 1 PREP THE VEGGIES

Halve, then remove the core from the **green pepper** and chop into small 1 cm chunks. Roughly chop the **coriander** (stalks and all). Zest the **lime**. Roughly chop the **raisins**. Drain and rinse the **black beans** in a colander under cold water.



## 2 START THE PICADILLO

Heat a splash of **oil** in a frying pan over medium-high heat. Add the **beef** and **pork** mince. Cook until browned, breaking up with a spoon as it cooks. This should take around 5-6 mins. If you get a lot of fat coming off the meat, simply spoon out and discard some of it. Once the **mince** is browned, add the **pepper**, **capers**, **raisins**, **cumin** and **oregano** and cook for 3 mins more.



## 3 COOK THE RICE

Meanwhile, boil the **water** (see ingredients for amount) in a large saucepan over high heat. Stir in and dissolve **half the stock pot** and then add the **basmati rice**. Cover with a lid and leave to cook on a medium heat for 10 mins. After 10 mins, remove from the heat, add the **black beans** pop the lid back and set aside for another 10 mins. **★ TIP: The rice will finish cooking in its own steam.**



## 4 SIMMER THE PICADILLO

Add the **finely chopped tomatoes** and the remaining **stock pot** to the **mince mixture**. Pour in the **water** (see ingredients for amount) and leave the **sauce** to simmer away on medium-high heat until thick and tomatoey, 15-20 mins.



## 5 FINISH THE RICE

Once the **rice** is cooked, stir in the **lime zest**, **half the coriander** and a good squeeze of **lime juice**. Taste and season with **salt** and **pepper** as necessary.



## 6 SERVE

When the **sauce** is nice and thick, remove from the heat, stir in the remaining **coriander**. Season with **salt** and **pepper** - remember the **capers** are quite salty, so taste it first! Spoon the **rice** into bowls and top with the **picadillo**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Green Pepper	1	1½	2
Coriander	1	1	1
Lime	½	¾	1
Raisins	40g	60g	80g
Black Beans	1 carton	1 carton	2 cartons
Beef Mince	125g	250g	250g
Pork Mince	125g	125g	250g
Capers	15g	15g	30g
Ground Cumin	1½ tsp	2 tsp	1 tbsp
Dried Oregano	1½ tsp	2 tsp	1 tbsp
Water for the Rice*	300ml	450ml	600ml
Chicken Stock Pot	1	1½	2
Basmati Rice	150g	225g	300g
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Water for the Sauce*	200ml	300ml	400ml

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 730G	PER 100G
Energy (kcal)	773	106
(kJ)	3234	443
Fat (g)	18	2
Sat. Fat (g)	5	1
Carbohydrate (g)	100	14
Sugars (g)	30	4
Protein (g)	45	6
Salt (g)	4.74	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

**🧼** Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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