



BEEF FEIJOADA

with Black Beans



HELLO CORIANDER

Ancient Egyptians kept coriander in their tombs, as they believed it could be used as a food in the afterlife.



Beef Mince



Mange Tout



Coriander



Black Beans



Feijoada Paste



Bolognese Garnish



Finely Chopped Tomatoes with Garlic & Onion



Basmati Rice

MEAL BAG

20 mins

3 of your 5 a day

Medium heat

Rapid recipe

Feijoada is a meaty version of the Brazilian staple dish of cooked black beans, feijão, incorporating beef to create a beautifully rich flavour. Traditionally prepared over a low heat in a thick clay pot and simmered for an hour, tonight's recipe will prove that you can create the same depth of flavour in double quick time. Twenty minute recipes don't get more delicious than this one!

GET **PREPARED!**

Fill and Boil your **Kettle**.

15

BEFORE YOU START

🔥 Fill and Boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Saucepan** (with a **Lid**), **Sieve**, **Large Frying Pan** (with a **Lid**) and **Measuring Jug**. Let's start cooking the **Beef Feijoada with Black Beans**.



1 COOK THE RICE

- Fill a large saucepan with the boiling **water** from your kettle. Add the **rice** and boil until cooked, 10-12 mins.
- Drain in a sieve and return to the pan, off the heat, with the lid on.



2 START THE BEEF

- Heat a splash of **oil** in a large frying pan on medium-high heat.
- Add the **beef mince** and cook until browned, 5 mins. Break the **beef** up with a wooden spoon as it cooks.



3 PREP TIME

- Meanwhile, roughly chop the **coriander**. Drain and rinse the **black beans** in the sieve.



4 ADD THE MANGE TOUT

- Lower the heat on the frying pan to medium.
- Add the **mange tout**, **feijoada paste** and **bolognese garnish**. Stir and cook for 3 mins.



5 SIMMER THE FEIJOADA

- Add the **water** (see ingredients for amount), **finely chopped tomatoes** and **black beans**, stir and bring to the boil.
- Pop on a lid, lower the heat and simmer until thickened, 7 mins.



6 SERVE

- Serve the **rice** topped with the **beef feijoada** and a sprinkling of **coriander**.

Enjoy!

2-4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|---|--------------|---------------|---------------|
| Beef Mince ✳️ | 240g | 360g | 480g |
| Mange Tout ✳️ | 1 large pack | 1½ large pack | 2 large packs |
| Coriander ✳️ | 1 bunch | 1 bunch | 1 bunch |
| Black Beans | 1 carton | 1½ cartons | 2 cartons |
| Feijoada Paste 11) 13) | 1 pot | 1½ pots | 2 pots |
| Bolognese Garnish | 1 pot | 1½ pots | 2 pots |
| Finely Chopped Tomatoes with Garlic & Onion | 1 carton | 1½ cartons | 2 cartons |
| Basmati Rice | 150g | 225g | 300g |
| Water* | 50ml | 75ml | 100ml |

*Not Included

✳️ Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 604G | PER 100G |
|-----------------------------------|------------------|-----------|
| Energy (kJ/kcal) | 3190 / 763 | 528 / 126 |
| Fat (g) | 21 | 3 |
| Sat. Fat (g) | 8 | 1 |
| Carbohydrate (g) | 91 | 15 |
| Sugars (g) | 16 | 3 |
| Protein (g) | 46 | 8 |
| Salt (g) | 4.46 | 0.74 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

11) Soya 13) Gluten

🧼 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 in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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