

One Pot Mexican Beef and Rice

with Cheesy Topping and Kidney Beans

FAMILY Hands on Time 10 Minutes • Total Time: 40 Minutes • Little Heat • 1 of your 5 a day













Coriander







Tomato Puree

Mexican Spice



Basmati Rice



Red Wine Jus Paste



Cheddar Cheese

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Colander, Large Saucepan, Measuring Jug and Coarse Grater.

Ingredients

			45
	2P	3P	4P
Garlic**	2	3	4
Kidney Beans	1 carton	1½ cartons	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Beef Mince**	240g	360g	480g
Mexican Spice	1 small pot	¾ large pot	1 large pot
Tomato Puree	1 sachet	1½ sachets	2 sachets
Basmati Rice	150g	225g	300g
Water for the Rice*	350ml	525ml	700ml
Red Wine Jus Paste 10) 14)	1 pot	1½ pots	2 pots
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	385g	100g
Energy (kJ/kcal)	3412/816	886/212
Fat (g)	32	8
Sat. Fat (g)	15	4
Carbohydrate (g)	77	20
Sugars (g)	5	1
Protein (g)	51	13
Salt (g)	3.31	0.86

Nutrition for uncooked ingredients based on 2 person recipe.

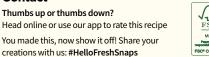
Allergens

7) Milk 10) Celery 14) Sulphites

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

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1. Prep Time

Peel and grate the garlic (or use a garlic press). Drain and rinse the **kidney beans** in a colander. Roughly chop the **coriander** (stalks and all).



2. Brown the Beef

Heat a splash of oil in a large saucepan over medium-high heat. When hot, add the mince and cook until browned, 5-6 mins. Break the mince up with a spoon as it cooks. Stir in the garlic and Mexican spice and cook until fragrant, 1 minute more. Season with **salt** and **pepper**. **IMPORTANT**: The mince is cooked when it is no longer pink in the middle.



3. All In!

Lower the heat to medium and stir in the tomato puree, basmati rice, kidney beans and the water (see ingredients for amount). Stir in **red wine jus** paste until it has dissolved. Bring to the boil, then cover the pan with a lid or some kitchen foil.



4. Simmer

Leave to cook for 15 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins (the rice will continue to cook in its own steam - don't look under the lid!). Meanwhile, grate the cheddar cheese.



5. Grill Til Golden!

Preheat your grill to high. Once the rice is cooked, remove the lid from the pan and season to taste with **salt** and **pepper**. Stir through half the coriander. Sprinkle on the cheese, then pop the pan under grill until the cheese is golden and bubbling, 2-3 mins.



6. Serve

Share the **Mexican rice** between your plates, top with the remaining coriander.

Eniov!