



One Pot Mexican Beef and Rice

with Cheesy Topping and Kidney Beans

N° 10

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



Garlic



Kidney Beans



Coriander



Beef Mince



Mexican Spice



Tomato Puree



Basmati Rice



Red Wine Jus Paste



Cheddar Cheese

Before you start

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

Basic cooking tools you will need:

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

Ingredients

| | 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.

Contact

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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**.

Enjoy!