



# One Pot Mexican Style Beef and Rice

with a Cheesy Topping

N° 10

**FAMILY** Hands on Time: 10 Minutes • Total Time: 40 Minutes • Medium 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), Sieve, Large Saucepan, (with a Lid), Measuring Jug and Coarse Grater.

### Ingredients

	2P	3P	4P
Garlic**	2 cloves	3 cloves	4 cloves
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	383g	100g
Energy (kJ/kcal)	3301 / 789	862 / 206
Fat (g)	30	8
Sat. Fat (g)	14	4
Carbohydrate (g)	75	20
Sugars (g)	5	1
Protein (g)	50	13
Salt (g)	2.73	0.71

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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The Fresh Farm  
60 Worship St, London EC2A 2EZ

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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).



## 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**.



## 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. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle. Stir in the **garlic** and **Mexican spice** and cook until fragrant, 1 minute more. Season with **salt** and **pepper**.



## 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 the grill until the **cheese** is golden and bubbling, 2-3 mins.



## 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.



## 6. Serve

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

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.