



# South American-inspired Beef Mince with quinoa and corn

Quick Cook 20-25 mins

15



Beef Mince



Quinoa



Sweetcorn



Ground Cumin



Bell Pepper



Ground Coriander



Ground Cinnamon



Paprika



Lime



Creme Fraiche



Chopped Tomato  
with Onion & Garlic



Coriander



Pantry Items: Oil, Salt, Pepper, Sugar, Water



## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Pan with lid, pot with lid, sieve

## Ingredients

	2P	4P
Beef Mince	250 g	500 g
Quinoa	170 g	335 g
Sweetcorn	1 pack	2 packs
Ground Cumin	1 sachet	2 sachets
Bell Pepper	1 unit	2 units
Ground Coriander	1 sachet	2 sachets
Ground Cinnamon	½ sachet	1 sachet
Paprika	1 sachet	2 sachets
Lime	1 unit	2 units
Creme Fraiche	65 g	125 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Coriander	5 g	10 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	637.5 g	100 g
Energy (kJ/kcal)	3543.8 kJ/ 847 kcal	555.9 kJ/ 132.9 kcal
Fat (g)	33.6 g	5.3 g
Sat. Fat (g)	14.7 g	2.3 g
Carbohydrate (g)	87.5 g	13.7 g
Sugars (g)	23 g	3.6 g
Protein (g)	44.1 g	6.9 g
Salt (g)	4 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.



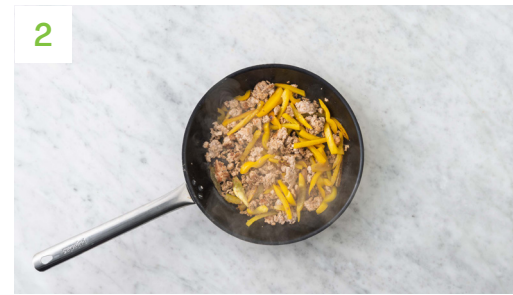
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### Cook the Quinoa

- Boil a large pot of **salted water** for the **quinoa**.
- Stir in the **quinoa** and bring back to the boil.
- Cook until the **quinoa** has doubled in size and the seed has visibly split, 12-15 mins.
- Drain in a sieve and return to the pot, off the heat.
- Cover with a lid and set aside.

**TIP:** *If you're in a hurry you can boil the water in your kettle.*



### Fry the Mince

- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Place a large pan over medium-high heat (without oil).
- Once hot, fry the **beef mince** and sliced **pepper** until browned, 5-6 mins. Use a spoon to break up the **beef** as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Season with **salt** and **pepper**.



### Simmer the Sauce

- Add the **cumin**, **ground coriander**, and **half** the **cinnamon** (double for 4p) to the **mince**.
- Mix together and cook, stirring, until fragrant, 1 min.
- Stir in the **chopped tomatoes**, ¼ tsp **salt** and ½ tsp **sugar** (double both for 4p).
- Bring to the boil, cover and simmer for 8-10 mins.



### Make the Sweetcorn Side

- Meanwhile, drain the **sweetcorn** in a sieve.
- Roughly chop the fresh **coriander** (stalks and all).
- Quarter the **lime**.
- Mix the drained **quinoa** with the **corn**, **paprika** and juice from **half** the **lime** wedges.
- Season well with **salt** and **pepper**.



### Finishing Touches

- Once the fragrant **beef mince** is ready, remove the pan from the heat.
- Stir in the **creme fraiche** and allow to warm through, 1-2 mins.
- Add a splash of **water** to loosen if required.
- Season to taste with **salt** and **pepper**.



### Garnish and Serve

- Divide the **mince** between plates.
- Serve the **quinoa** and **corn** alongside.
- Garnish with chopped **coriander**.

**Enjoy!**