



# Cajun-spiced Beef Mince with quinoa and corn

Quick Cook 20 – 25 mins • Spicy

18



Beef Mince



Quinoa



Sweetcorn



Bell Pepper



Lime



Creme Fraiche



Chopped Tomato with Onion & Garlic



Cajun Spice Mix



Scallion



Chipotle Paste



Stock

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



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## 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	240 g	480 g
Quinoa	170 g	335 g
Sweetcorn	1 pack	2 packs
Bell Pepper	1 unit	2 units
Lime	1 unit	2 units
Creme Fraiche	65 g	110 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Cajun Spice Mix	2 sachets	4 sachets
Scallion	1 unit	2 units
Chipotle Paste	1 sachet	2 sachets
Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	650 g	100 g
Energy (kJ/kcal)	3598.2 kJ/ 860 kcal	553.6 kJ/ 132.3 kcal
Fat (g)	33.1 g	5.1 g
Sat. Fat (g)	14.3 g	2.2 g
Carbohydrate (g)	93.1 g	14.3 g
Sugars (g)	25.9 g	4 g
Protein (g)	44.2 g	6.8 g
Salt (g)	5.1 g	0.8 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.

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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.



### Make the Sweetcorn Side

- Meanwhile, drain the **sweetcorn** in a sieve.
- Trim and thinly slice the **scallion**.
- Quarter the **lime**.
- Mix the drained **quinoa** with the **corn** and **scallion**.
- Season well with **salt** and **pepper** and a good squeeze of **lime** juice.



### 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 with a drizzle of **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.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.



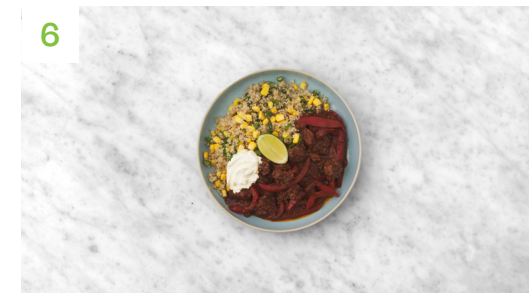
### Finishing Touches

- Once the fragrant **beef mince** is ready, remove the pan from the heat.
- Stir through the **chipotle paste**.
- Add a splash of **water** to loosen if required.
- Season to taste with **salt** and **pepper**.



### Simmer the Sauce

- Add the **Cajun spice** to the **mince**.
- Mix together and cook, stirring, until fragrant, 1 min.
- Stir in the **stock**, **chopped tomatoes**, ¼ tsp **salt** and ½ tsp **sugar** (double both for 4p).
- Bring to the boil, cover and simmer for 6-8 mins.



### Garnish and Serve

- Divide the spiced **mince** between plates.
- Serve the **quinoa** and **corn** alongside.
- Garnish with a dollop of **creme fraiche**.
- Serve remaining **lime** wedges alongside.

Enjoy!