



Speedy Cajun Beef Rice Bowl

with Avocado, Tomato Salsa and Cheese

High Protein

Preparation time : 20 min.



Mature Cheddar
Cheese



Lime



Medium Tomato



Basmati Rice



British Beef
Mince



Avocado



Tomato Passata



Cajun Spice Mix



Chicken Stock
Paste



Sugar for the
Sauce



Water for the
Sauce



Butter



Olive Oil for the
Salsa



Sugar for the
Salsa



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/speedy-cajun-beef-rice-bowl-149>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Medium Saucepan, Grater, Bowl, Kettle, Sieve, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Mature Cheddar Cheese (grams)	30	50	60
Lime (unit(s))	1	1½	2
Medium Tomato (unit(s))	2	3	4
Basmati Rice (grams)	150	225	300
British Beef Mince (grams)	240	360	480
Avocado (unit(s))	1	2	2
Tomato Passata (carton(s))	1	1½	2
Cajun Spice Mix (sachet(s))	1	1	2
Chicken Stock Paste (grams)	10	15	20
Sugar for the Sauce (tsp)	1	1½	2
Water for the Sauce (milliliter(s))	50	75	100
Butter (grams)	20	30	40
Olive Oil for the Salsa (tbsp)	1	1½	2
Sugar for the Salsa (tsp)	½	¾	1

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3664 kJ
Energy (kcal)	876 kcal
Fat	44.2 g
of which saturates	18.5 g
Carbohydrate	78.6 g
of which sugars	11.5 g
Dietary Fibre	6.6 g
Protein	39.3 g
Salt	2.32 g

Allergens

Milk

Always check the product labels for allergen information.



Get your Rice On

- a)** Boil a half-full kettle.
- b)** Meanwhile, grate the **cheese**. Halve the **lime**. Cut the **tomatoes** into 1cm chunks.
- c)** Pour the **boiled water** into a large saucepan with ¼ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- d)** Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Fry the Mince

- a)** While the **rice** cooks, heat a large frying pan on medium-high heat (no oil).
- b)** Once hot, add the **beef mince**. Fry until the **mince** has browned, 5-6 mins.
- c)** Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Time to Salsa

- a)** While the **mince** cooks, halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 1cm chunks.
- b)** Pop the **avocado** into a small bowl, drizzle with some **olive oil** and squeeze in some **lime juice**. Season with **salt** and **pepper** and mix together. Set the **avocado** aside.
- c)** Squeeze the remaining **lime juice** into a small bowl and add a pinch of **salt** and **pepper**. Add the **olive oil** and **sugar** (see pantry for both amounts). Mix together and add the **tomatoes**. Mix again and set aside.



Add the Flavour

- a)** When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- (b)** Stir in the **passata**, **Cajun spice mix** (add less if you'd prefer things milder), **chicken stock paste** and the **sugar** and **water for the sauce** (see pantry for both amounts).



Simmer and Season

- a)** Bring to the boil, then lower the heat and simmer until thickened, 2-3 mins.
- b)** Once the **sauce** has thickened, stir in the **butter** until melted (see pantry for amount), then remove from the heat.
- c)** Taste and season with **salt**, **pepper** and a good squeeze of remaining **lime juice**.



Serve

- a)** Share the **rice** between your bowls.
- b)** Spoon over the **beef** and top with the **cheese**, **avocado** and **tomato salsa**.
- c)** Serve any remaining **lime wedges** for squeezing over.

Enjoy your meal!