

Picadillo with coriander rice

- **Egg-free**
- **Gluten-free**
- **Lactose-free**
- **Nut-free**
- **No added sugar**
- **4+ serve Veg or Fruit**
- **Peanut-free**
- **Seafood-free**
- **Sesame-free**
- **Soy-free**
- **Wheat-free**
- **Shellfish-free**

This budget-friendly picadillo recipe is on the table in 45 minutes.

- Serves 4
- Cooktime 30 mins
- Prep time 15 mins

Ingredients

- 500g Coles Australian No Added Hormones 3 Star Beef Mince
- 1 large brown onion, finely chopped
- 3 carrots, peeled, coarsely chopped
- 500g brushed potatoes, peeled, cut into 3cm pieces
- 4 garlic cloves, crushed
- 3 tsp ground cumin
- 1 tsp ground cinnamon
- 1/2 bunch coriander, leaves picked, stems and roots finely chopped
- 800g can diced tomatoes
- 3/4 cup (110g) Coles Deli Green Olives with Garlic & Chilli, halved
- 1/2 cup (100g) raisins
- 1 1/2 cups (300g) long-grain white rice

Nutritional information

Per serve: Energy: 2968kJ/710 Cals (34%), Protein: 33g (66%), Fat: 28g (40%), Sat Fat: 10g (42%), Sodium: 718mg (36%), Carb: 84g (27%), Sugar: 31g (34%), Dietary Fibre: 11g (37%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Preheat oven to 180°C. Heat a large deep frying pan over high heat. Add the mince and cook, stirring with a wooden spoon to break up the lumps, for 5 mins or until the mince changes colour. Use a slotted spoon to transfer to a heatproof bowl, leaving any pan juices in the pan.

2. Step 2

Reduce heat to medium-high and add the onion, carrot and potato. Cook, stirring occasionally, for 5 mins or until onion softens. Add the garlic, cumin, cinnamon, coriander stems and roots, tomato and mince. Season. Bring to a simmer. Stir in the olive and raisins. Partially cover and cook for 20 mins or until the vegetables are tender and the sauce thickens slightly.

3. Step 3

Chop half the coriander leaves. Cook rice following packet directions. Season. Stir in the chopped coriander.

4. Step 4

Divide the rice mixture and mince mixture among serving bowls. Sprinkle with remaining coriander leaves.