



Low-Carb Cuban Picadillo

with Cauliflower Rice



30-40min



2 Servings

We love a literal dish like picadillo, whose name derives from the Spanish word *picar*, meaning "to mince." We're adding a low carb spin to this classic Latin American speciality by subbing in cauliflower rice for a veggie boost that still perfectly soaks up the sweet and saucy goodness.

What we send

- 1 yellow onion
- garlic
- 1 oz Castelvetrano olives
- ¼ oz taco seasoning
- 10 oz pkg grass-fed ground beef
- 8 oz tomato sauce
- 1 oz capers ¹⁷
- 1 oz golden raisins ¹⁷
- 1½ oz pkt Worcestershire sauce ⁴
- 12 oz cauliflower rice

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)
- sugar

Tools

- medium skillet
- microwave

Cooking tip

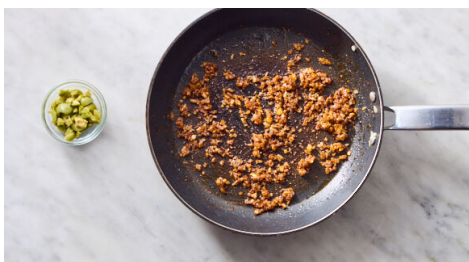
Heat 1 tablespoon oil in a medium nonstick skillet over high. Add cauliflower rice and cook, stirring, until crisp-tender, about 5 minutes. Season to taste.

Allergens

Fish (4), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 570kcal, Fat 25g, Carbs 40g, Protein 35g



1. Cook onions

Finely chop **half of the onion** (save rest for own use) and **2 teaspoons garlic**, keeping separate. Coarsely chop **olives**.

In a medium skillet, heat **1 tablespoon oil** over medium. Add onions and **a pinch of salt**; cook, stirring occasionally, until softened, 4-6 minutes. Add **chopped garlic** and **taco seasoning**; cook, stirring constantly, until fragrant, about 30 seconds.



2. Cook beef

Add **beef** to skillet and increase heat to medium-high; season with **salt** and **pepper**. Cook, breaking up meat into smaller pieces, until liquid has evaporated and meat is no longer pink, about 5 minutes.



3. Simmer

Add **tomato sauce, olives, capers, raisins, 1 tablespoon Worcestershire sauce, 2 teaspoons vinegar**, and **1 teaspoon sugar** to skillet. Cover and simmer over medium-low heat, stirring halfway through, until sauce has reduced slightly and flavors have melded, about 15 minutes. Season to taste with **salt** and **pepper**.



4. Cook cauliflower rice

Meanwhile, add **cauliflower rice** to a medium bowl. Cover and microwave until just tender, stirring halfway through, 4-5 minutes. Season to taste with **salt** and **pepper**. Keep covered until ready to serve.

See cooking tip for alternate stovetop instructions.



5. Serve

Serve **picadillo** with **cauliflower rice**. Enjoy!



6. Rate your plate!

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