# MARLEY SPOON



# 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
- 1 oz golden raisins
  1½ oz pkt Worcestershire sauce <sup>1</sup>
- 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 (1). 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!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.