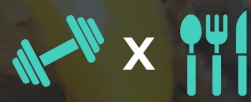




CAJUN BEEF + VEG RICE



# CAJUN BEEF & VEG RICE



Serves: 3  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
503 kcal  
13g Fats  
55g Carbs  
40g Protein



GF

DF

MP



## WHAT YOU NEED

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- 2 peppers, sliced
- 4 spring onions, sliced
- 1 lb. (500g) 5% fat beef mince
- 2 tsp. Cajun seasoning
- 1 tbsp. tomato purée
- 1 lb. (500g) cooked rice

## WHAT YOU NEED TO DO

*Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.*

*Add in the minced beef and season with salt and pepper. Cook for 10 minutes, until the meat is browned.*

*Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.*

*Stir well to combine all of the ingredients and continue cooking for about 3-4 minutes.*

*Sprinkle with the green parts of the spring onions and serve.*

