



Lentil Picadillo with Greek-Style Cheese

over rice with olives, capers, raisins & fresh parsley

Nice & Fast Veggie

Total time: 25 min. • Based on 2 servings



Garlic



Red bell pepper



Mexican-style spices



Lentils



Worcestershire sauce



Olives & capers



Raisins



White long grain rice



Fresh flat leaf parsley



Diced tomatoes with onion



Greek-style cheese



Onion

A fresh start

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Equipment

Colander, small bowl, wok or sauté pan, pan with lid attachment

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (cloves)	½	1	1½	2	2½	3
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Mexican-style spices (sachets)	½	1	1½	2	2½	3
Lentils (packs)	½	1	1½	2	2½	3
Worcestershire sauce (sachets) 9) 11) 13) 16)	½	1	1½	2	2½	3
Olives & capers* (g)	15	30	45	60	75	90
Raisins (g) 60) 61) 62)	15	30	45	60	75	90
White long grain rice (g)	85	170	250	335	420	500
Fresh flat leaf parsley* (g) 69)	2½	5	7½	10	12½	15
Diced tomatoes with onion (packs)	⅓	⅔	1	1½	1¾	2
Greek-style cheese* (g) 7)	50	100	150	200	250	300
Onion (pcs)	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3197 /764	604 /144
Total fat (g)	21	4
Of which: saturated (g)	8,8	1,7
Carbohydrates (g)	110	21
Of which: sugars (g)	24,3	4,6
Fibre (g)	11	2
Protein (g)	26	5
Salt (g)	4,0	0,8

Allergens

7) Milk **9)** Mustard **11)** Soy **13)** Gluten **16)** Barley

May contain traces of: **60)** Peanuts **61)** Nuts **62)** Sesame **69)** Celery



Step 1:

- Boil plenty of water in a lidded pan for the **rice**.
- Meanwhile, chop the **onion**, dice the **pepper** and crush or mince the **garlic**.



Step 2:

- Cook the **rice**, covered, for 12 - 15 minutes or until done.
- Open the **lentils** and drain them in a sieve, then rinse them under cold water.
- Roughly chop the **flat leaf parsley**.



Step 3:

- Heat the olive oil in a wok or frying pan over low heat and fry the **onion** and **garlic** for 2 minutes.
- Stir in the **pepper**, **raisins**, **Mexican-style spices** and **diced tomato**. Fry for a further 5 minutes over medium-high heat.
- Add the **olives**, **capers** and **Worcestershire sauce** and allow to cook for 10 minutes over medium-high heat, tossing regularly.
- Finish the picadillo by adding the **lentils** and then season to taste with salt and pepper.



Step 4:

- Serve the **rice** on plates and top with the picadillo.
- Crumble the **Greek-style cheese** and scatter it over the picadillo.
- Finally, garnish with the chopped **parsley**.

Enjoy!