



PICADILLO

SERVES 2 OR 4

TIME: 25 MIN

CALORIES: 600/SERVING



Our plant-based take on the classic Cuban dish. Full of vegetables, and paired with sautéed swiss chard and mashed avocado for extra vegan goodness. We like to use the chips to scoop up the ingredients like nachos for the perfect bite every time.

WHAT YOU'LL NEED

- Large pan
- Small pan
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Carrot	1	2
Zucchini	1	2
Shallot	1	2
Garlic	3 cloves	6 cloves
Spice blend	2 tsp	4 tsp
Diced tomatoes	1 cup	2 cups
Veggie ground	250 g	500 g
Swiss chard	1/4 bunch	1/2 bunch
Avocado	1	2
Corn chips	2 handfuls	4 handfuls
Green olives	1/4 cup	1/2 cup
Lime	1	1



Prep ingredients: dice the **carrot**, **zucchini**, and **shallot**, mince the **garlic**, roughly chop the **swiss chard**, and mash the **avocado** with the **juice of half the lime**. Slice the remaining **lime** into wedges.



In a large pan over medium heat, warm 1 tbsp of **oil** (2 tbsp for 4 servings). Once hot, add the **carrot**, **zucchini**, **shallot**, and **garlic**. Sauté until they soften, about 10 minutes, then mix in the **spice blend** and season with **salt** and **pepper**.



In a separate pan over medium-high heat with a little **oil**, use a wooden spoon or fork to break up the **veggie ground** and fry until golden, then transfer to the other pan along with the **diced tomatoes** and **olives**. Stir until well combined and cook for 8-10 minutes more.



During the last 5 minutes of cook time, add the **swiss chard** to the small pan over medium heat, (add more oil if needed) and sauté just until wilted. Season with **salt** and **pepper**.



Divide the **picadillo** between dishes and serve with the **swiss chard**, **mashed avocado**, **lime wedges**, and **corn chips**.

Nutrition Facts		Valeur nutritive	
Per Serving (673 g)			
pour 1 (673 g)			
Calories 600		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 35 g			47 %
Saturated / saturés 4.5 g			25 %
+ Trans / trans 0.1 g			
Carbohydrate / Glucides 51 g			
Fibre / Fibres 19 g			68 %
Sugars / Sucres 14 g			14 %
Protein / Protéines 27 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 1210 mg			53 %
Potassium 1750 mg			37 %
Calcium 200 mg			15 %
Iron / Fer 5.5 mg			31 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			