

Arepas de Carne Molida

with Avocado & Pickled Jalapeño

We're celebrating South American cuisine with this delicious, age-old meal. Arepas, which can be traced back to the indigenous peoples of Venezuela and Colombia, are savory, round flatbreads made with cornmeal. They're typically topped with meat and varied other ingredients (though they're tasty on their own, too). We're stacking ours high with "carne molida" or ground beef, creamy avocado, peppery radishes and, for an extra pop of bright flavor, pickled jalapeño and onion.



Ingredients

- 8 Ounces Ground Beef
- 1 Cup Masarepa
- 3 Ounces Radishes
- 1 Avocado
- 1 Lime
- 1 Red Onion
- 1 Large Bunch Cilantro

Knick Knacks

- 2 Tablespoons Red Wine Vinegar
- 2 Tablespoons Sugar
- 1 Jalapeño Pepper
- 2 Teaspoons Carne Molida Spice Blend
(Ancho Chile Powder, Chipotle Powder, Garlic Powder, Ground Cumin, Ground Coriander, Mexican Oregano, Cocoa Powder, Ground Nutmeg & Cornstarch)

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Cut off and discard the stem ends of the radishes; thinly slice the radishes into rounds. Quarter the lime. Pit, peel and slice the avocado; toss with **the juice of 1 lime wedge** to prevent browning. Peel, halve and thinly slice the onion. Pick the cilantro leaves off the stems; discard the stems. Thinly slice the jalapeño into rounds. (For a milder dish, remove and discard the seeds and ribs, then thinly slice the jalapeño). Immediately wash your hands and cutting board afterwards.

2



Pickle the jalapeño & onion:

In a small pan, combine the **jalapeño, sugar, vinegar** and **half the onion**. Add 2 tablespoons of water and heat to boiling on high. Once boiling, cook, stirring occasionally, 1 to 2 minutes, or until the liquid is slightly reduced in volume. Transfer to a bowl and set aside to cool.

3



Brown the beef:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **ground beef**. Cook, frequently breaking the meat apart with a spoon, 2 to 3 minutes, or until just cooked through; season with salt and pepper. Transfer to a bowl and set aside. Wipe out the pan.

4



Cook the aromatics & finish the beef:

In the pan used to cook the beef, heat 2 teaspoons of olive oil on medium-high until hot. Add the **remaining onion** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until fragrant. Add the **cooked beef** and **the juice of 1 lime wedge**. Cook, stirring occasionally, 1 to 2 minutes, or until combined. Transfer to a bowl. Wipe out the pan.

5



Form the arepas:

In a large bowl, combine the **masarepa, a big pinch of salt** and **1 cup of lukewarm water**. Stir until just combined (the dough should be damp and easy to shape). Using wet hands, divide the dough into 4 equal-sized balls. On a clean work surface, carefully flatten into ¼-inch-thick rounds.

6



Cook the arepas & plate your dish:

In the pan used to cook the aromatics and beef, heat 1 tablespoon of olive oil on medium-high until hot. Add the **arepas**; cook 2 to 4 minutes per side, or until golden and cooked through. Divide between 2 dishes. Top with the **finished beef** and **avocado**. Garnish with the **radishes, cilantro** and as much of the **pickled jalapeño and onion** as you'd like. Serve with the **remaining lime wedges** on the side. Enjoy!