

**Product Spotlight:
Spring onions**

Spring onions are very young onions, harvested before the bulb has had a chance to swell. Both the long, slender green tops and the small white bulb are edible, and are good either raw or cooked.



Chilli Con Carne

with Cheesy Tortilla Strips

A classic Mexican beef stew (without the chilli!), with smokey flavours and fresh vegetables all cooked in one pan, finished with cheesy oven-baked tortilla strips!



20 minutes



4 servings



Beef

Spice it up!

Add some fresh chilli or jalapeños at the end for a spicy kick! You can also garnish this dish with some fresh coriander and a dollop of yoghurt if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	35g	51g

FROM YOUR BOX

BEEF MINCE	600g
SPRING ONIONS	1 bunch
GREEN CAPSICUM	1
CORN COB	1
TOMATO PASTE	1 sachet
CHOPPED TOMATOES	400g
TORTILLA STRIPS	1 packet
GRATED CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, smoked paprika, ground cumin, dried oregano, flour (of choice), salt and pepper

KEY UTENSILS

large frypan with lid, oven tray

NOTES

If you have your own Mexican spice mix you can use that instead of smoked paprika, cumin and oregano.

We used plain flour for this dish.



1. COOK THE BEEF

Set oven grill to 200°C.

Heat a frypan over medium-high heat with **oil**. Add **beef** along with **1 tsp oregano**, **2 tsp smoked paprika** and **2 tsp cumin** (see notes). Cook for 5 minutes, breaking up mince as you go.



2. ADD THE VEGETABLES

Slice and add **spring onions** (reserve tops for garnish). Dice **capsicum** and remove **corn** from cob. Add to pan as you go.



3. SIMMER THE STEW

Stir in **1 tbsp flour** (see notes), **tomato paste** and **chopped tomatoes** along with **1 tin water (400ml)**. Cover and simmer for 10 minutes.



4. TOAST THE TORTILLA STRIPS

Spread **tortilla strips** on a lined oven tray. Scatter **cheese** on top. Place under oven grill for 3-4 minutes until cheese is melted.



5. FINISH AND SERVE

Season the stew with **salt and pepper** to taste. Break apart cheesy tortilla strips and serve with stew.



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