




Product Spotlight: Polenta


Polenta is made from ground corn and is quite versatile. It can be used in sweet and savoury dishes and is gluten-free!



Chilli Con Carne with Cornbread Muffins

Fan-favourite, chilli con carne in all its warm and comforting glory, served with homemade cornbread muffins and slices of fresh jalapeño!

 30 minutes

 2 servings

 Beef

21 April 2023

Switch it up!

If you don't have a cupcake tray, spoon the cornbread mixture onto a lined oven tray like scones! You can also use a cake or bread tin and bake it as one whole loaf.

Per serve: **PROTEIN** 58g **TOTAL FAT** 31g **CARBOHYDRATES** 116g

FROM YOUR BOX

BROWN ONION	1
BEEF MINCE	300g
TOMATO PASTE	1 sachet
MEXICAN SPICE MIX	1 sachet
CORNBREAD MIX	1 packet
CORN COB	1
GREEN CAPSICUM	1
CHEERRY TOMATOES	200g
TINNED KIDNEY BEANS	400g
JALAPEÑO	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar

KEY UTENSILS

large frypan, cupcake tray (or muffin tray)

NOTES

The cornbread mix is made up of polenta and bi-carb soda.

Use milk and melted butter instead of water and olive oil. Using milk and butter will produce a softer texture and a richer-tasting cornbread.

For a milder dish, deseed the jalapeño.



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1. BROWN THE BEEF MINCE

Set oven to 220°C.

Heat a large frypan over medium-high heat. Slice onion. Add to pan as you go along with beef mince. Cook for 5 minutes to brown. Add tomato paste and spice mix and cook for a further minute.



2. MIX THE CORNBREAD

Meanwhile, add cornbread mix and kernels from corn cob to a large bowl. Pour in **1 cup water, 3 tbsp olive oil** and **3/4 tbsp vinegar** (see notes). Season with **salt and pepper** and mix well to combine.



3. SIMMER CHILLI CON CARNE

Dice capsicum. Add to frypan along with cherry tomatoes, kidney beans (including liquid) and **1/4 tin water**. Simmer for 12-15 minutes until vegetables are tender. Season with **3/4 tbsp vinegar, salt and pepper**.



4. BAKE THE CORNBREAD

Meanwhile, divide cornbread mixture into an **oiled** cupcake tray. Bake for 10-15 minutes or until golden and crisp on the outside.



5. FINISH AND SERVE

Slice jalapeño (see notes).

Serve chilli con carne tableside with cornbread. Garnish with jalapeño slices.

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