

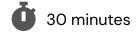


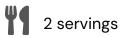


# Cajun Beef

# with Togsted Corn Grits

Beef mince and veggies, cooked in a ragu with a custom-blend cajun spice mix, served over polenta flavoured with American cheddar cheese and toasted corn.







# Slow it down!

Instead of cooking the beef mince, veggies and spice mix in a frypan, add them to your slow cooker and simmer on high for 3 hours. Slow cooking allows for extra flavour and the beef mince to break down further.

PROTEIN TOTAL FAT CARBOHYDRATES

61g

38g

40g

#### **FROM YOUR BOX**

CORN COB	1
BROWN ONION	1
CELERY STALK	1
GREEN CAPSICUM	1
GARLIC CLOVE	1
BEEF MINCE	300g
CAJUN SPICE MIX	1 packet
CHOPPED TOMATOES	400g
POLENTA	125g
SHREDDED AMERICAN CHEDDAR	1 packet
JALAPENO	1

#### FROM YOUR PANTRY

oil for cooking, salt, pepper

#### **KEY UTENSILS**

large frypan, saucepan, kettle

#### **NOTES**

For extra flavour in your polenta, add a crumbled stock cube to the water, or for an extra creamy polenta, use half water half milk.

Cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt, ground cayenne.





## 1. TOAST THE CORN KERNELS

Boil the kettle.

Remove kernels from corn cobs. Heat a saucepan over medium-high heat with oil. Add corn to pan and cook for 5 minutes until toasted and golden. Remove from pan and add 650ml hot water to pan (see step 5).



#### 2. PREPARE THE INGREDIENTS

Slice onion and celery. Dice capsicum and crush garlic.



#### 3. BROWN THE BEEF MINCE

Heat a large frypan over medium-high heat. Add beef mince and use the back of a cooking spoon to break up. Add spice packet and cook for 5 minutes until browning begins.



### 4. SIMMER THE INGREDIENTS

Add prepared vegetables to beef. Saute for 5 minutes until onion softens. Pour in chopped tomatoes and 1/2 tin water. Cover and simmer for 5-8 minutes.



# 5. COOK THE POLENTA

Gradually pour polenta into saucepan with hot water. Whisk continuously until polenta has thickened. Remove from heat and add cheese and 1/2 toasted corn. Season with salt and pepper (see notes).



#### 6. FINISH AND SERVE

Slice jalapeño.

Divide grits among shallow bowls. Spoon over cajun beef and garnish with remaining toasted corn and jalapeño.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



