



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



e-Recipe only

Create your way by
using your favourite
pantry items from
home.



Beef and Bean Chilli Con Carne

A quick and easy beef and kidney bean chilli served over brown rice.



30 minutes



4 servings



Beef

FROM YOUR BOX

BROWN RICE	300g
BEEF MINCE	300g
BROWN ONION	1
GREEN CAPSICUM	1
TOMATOES	2
TINNED KIDNEY BEANS	2 x 400g
TOMATO PASTE	2 sachets
GREEN CHILLI	1

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You can serve this dish with some sour cream, yoghurt or cheese. Avocado and fresh coriander make a nice garnish!

Combine any leftover rice and chilli con carne, & wrap up in a burrito for another meal!

1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.

2. SAUTÉ THE BEEF AND VEGETABLES

Heat a frypan over medium–high heat with **oil**. Add beef mince and cook, breaking down until sealed. Dice and add onion, capsicum and tomato. Season as preferred and cook until vegetables are softened.

TIP *We used 1 tbsp ground cumin and 1 tbsp smoked paprika to season. You can use a pre-made Mexican spice mix or do a blend of ground spices. Smoked paprika ground coriander, cinnamon, cumin and cayenne pepper all work well!*

3. SIMMER THE STEW

Stir in tomato paste. Add kidney beans along with water from tin. Stir to combine and simmer for 10 minutes. Season with **salt and pepper**.

4. FINISH AND SERVE

Serve chilli con carne with rice. Garnish with sliced green chilli.