

FOR the
little onesCORN &
CAPSICUMNACHOS with
cheese

Chilli con carne

A classic mild one-pot family favourite served with cheesy tortilla strips. You can vary the toppings and sides to taste.



30 Minutes



2 Servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	29g	70g

FROM YOUR BOX

BEEF MINCE	250g
SHALLOT	1
TINNED CHOPPED TOMATOES	400g
CORN COB	1
RED CAPSICUM	1
TINNED BLACK BEANS	400g
TORTILLA STRIPS	1 bag
SHREDDED CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin

COOKING TOOLS

frypan with lid, oven tray

Turn this dish into family nachos! Cook beef with spices, shallot and 1/2 tin tomatoes. Spread over corn chips, top with cheese and finish for 5 minutes in the oven. Serve with toppings.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



1. COOK the Beef

Set oven to 220°C, grill setting.

Heat a frypan with a little **oil** over medium-high heat. Add **beef mince** and cook for 5 minutes. Use a spatula to break up the **mince**.



2. SIMMER the Chilli

Dice and add **shallot**, cook for 3 minutes. Stir in **2 tsp smoked paprika**, **2 tsp cumin**, **chopped tomatoes** and **1/2 tin water**. Simmer, covered, for 12-15 minutes over medium heat.



3. PREPARE the TOPPINGS

Remove kernels from **corn cob** and dice **capsicum**.

tip Add both capsicum and corn to chilli if you prefer or cook in a pan to char.



4. ADD the BEANS

Drain **beans** and add to pan (use to taste). Season **chilli** to taste with **salt and pepper**.

tip Add a little more water to the chilli if needed.



5. MAKE the CheeSY CHIPS

Spread **tortilla strips** over a lined oven tray. Scatter over **cheese** and place in the oven for 5 minutes or until **cheese** is melted.

tip Reserve a little cheese as a topping for the chilli.



6. FINISH AND SERVE

Top **chilli con carne** with **corn kernels** and **diced capsicum**. Serve with a side of **cheesy tortilla strips**.

tip Vary toppings to taste! You can add cucumber, avocado, chilli or lettuce!