

for the  
little onesCORN &  
CAPSICUMNachos with  
cheese

# Chilli con carne



30 Minutes



2 Servings



Beef

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

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## FROM YOUR BOX

BEEF MINCE	250g
BROWN ONION	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, onion 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!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



### 1. COOK the Beef & ONION

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 onion, cook for 3 minutes. Stir in **2 tsp smoked paprika**, **2 tsp ground 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!



### 4. ADD the BEANS

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

**tip** Add 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!