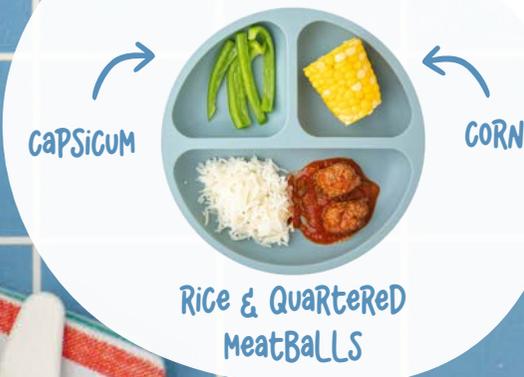




FOR the
Little ONES



Chilli con carne MeatBALLS

Mild Mexican meatballs cooked in a tomato and bean sauce, served with fluffy rice, corn & sour cream.

 35 Minutes

 Beef

 2 Servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	18g	45g

FROM YOUR BOX

BASMATI RICE	150g
BEEF MINCE	300g
MEXICAN SPICE MIX	1 packet
BROWN ONION	1
GREEN CAPSICUM	1
CHOPPED TOMATOES	400g
CORN COB	1
SOUR CREAM	1 tub
LIME	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, sugar

COOKING TOOLS

saucepan, frypan

For a quicker chilli con carne, skip rolling meatballs and cook the mince instead.

Before you start cooking! Wash your veggies and set out all ingredients, pans, chopping board and knife.

Warm Mexican Spice Mix: smoked paprika, ground cumin, ground coriander, oregano, garlic powder and ground cinnamon



1. COOK THE RICE

Place **basmati rice** in a saucepan and cover with **300ml water**. Bring to a boil, cover with a lid and reduce to medium-low. Cook for 10–15 minutes or until water is absorbed.

tip Use a rice cooker if you have one!



4. MAKE THE SAUCE

Stir in **chopped tomato** and return **meatballs**.

Reduce heat and simmer, covered, for **10–15 minutes**, until **meatballs** are cooked through and **sauce** has thickened. Adjust seasoning of the **meatball chilli** with **salt, pepper and 1/4 tsp sugar**.



2. MAKE & BROWN THE MEATBALLS

Mix **beef mince** with **half the Mexican spice mix** and **salt**. Roll into small **meatballs** using a tablespoon.

Heat **oil** in a frypan over medium-high heat and brown **meatballs** all over. Remove and set aside.

tip Leave meatballs plain if preferred!



5. COOK THE CORN

Meanwhile, quarter **corn cob** and cook in boiling water until tender, or in a frypan until charred. Set aside.



3. COOK THE ONION & CAPSICUM

Finely chop **onion** and **capsicum**.

Add to the frypan and cook for 3–4 minutes until softened (add more **oil** if needed). Add **remaining spice mix**.

tip You can add the corn kernels in here if preferred!



6. FINISH AND SERVE

Divide **rice** between bowls. Top with **meatballs** and **sauce**. Serve with **corn, sour cream** and **lime** cut into wedges.

tip Mix the sour cream with lime zest for extra zing!