



for the
little ones



CORN &
CAPSICUM



NACHOS 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



4/6 Servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	42g	24g	58g/73g

FROM YOUR BOX

	4 PERSON	6 PERSON
BEEF MINCE	500g	500g + 250g
BROWN ONION	1	1
TOMATO PASSATA	1 jar	1 jar
CORN COB	1	2
RED CAPSICUM	1	2
BLACK BEANS	400g	400g
TORTILLA STRIPS	1 bag	2 bags
SHREDDED CHEDDAR CHEESE	1 packet	2 packets

FROM YOUR PANTRY

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

COOKING TOOLS

large frypan with lid, oven tray

Turn this dish into family nachos! Cook beef with spices, onion and 1/3 jar passata. 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 large 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 **3 tsp smoked paprika**, **3 tsp ground cumin**, **passata** and **1 cup water**. Simmer, covered, for 12-15 minutes over medium heat.

6P - use 1 tbsp each of smoked paprika and cumin. Add stock for extra flavour.



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. Season **chilli** to taste with **salt and pepper**.



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!