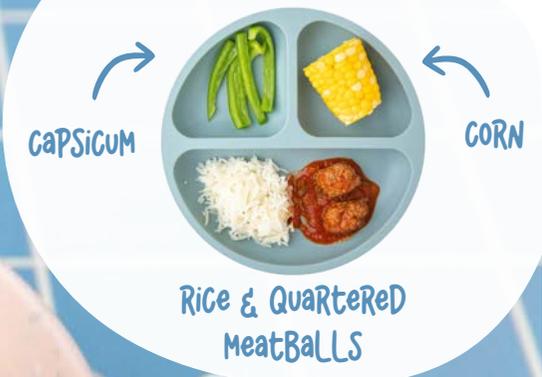




FOR the  
Little ones



# Chilli con carne Meatballs

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

 35 Minutes

 Beef

 4/6 Servings

Per serve : **PROTEIN** 37g **TOTAL FAT** 20g **CARBOHYDRATES** 53g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
BEEF MINCE	600g	600g + 300g
MEXICAN SPICE MIX	1 packet	2 packets
BROWN ONION	1	2
GREEN CAPSICUM	1	2
TOMATO PASSATA	1 jar	1 jar
RED KIDNEY BEANS	400g	400g
CORN COBS	2	3
SOUR CREAM	1 tub	1 tub
LIME	1	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, sugar

## COOKING TOOLS

saucepan, large frypan

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

*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 **600ml 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!



### 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!



### 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!



### 4. MAKE THE SAUCE

Stir in **tomato passata** and **drained kidney beans**, 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 **1/2 tsp sugar**.



### 5. COOK THE CORN

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



### 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!