

**Product Spotlight:  
Spring onions**

Spring onions are very young onions, harvested before the bulb has had a chance to swell. Both the long, slender green tops and the small white bulb are edible, and are good either raw or cooked.



## Chilli Con Carne

### with Cheesy Tortilla Strips

A classic Mexican beef stew (without the chilli!), with smokey flavours and fresh vegetables all cooked in one pan, finished with cheesy oven-baked tortilla strips!



20 minutes



2 servings



Beef

## Spice it up!

*Add some fresh chilli or jalapeños at the end for a spicy kick! You can also garnish this dish with some fresh coriander and a dollop of yoghurt if you have some.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	55g	65g	93g

## FROM YOUR BOX

BEEF MINCE	300g
SPRING ONIONS	1 bunch
GREEN CAPSICUM	1
CORN COB	1
TOMATO PASTE	1 sachet
TORTILLA STRIPS	1 packet
GRATED CHEDDAR CHEESE	1 packet

## FROM YOUR PANTRY

oil for cooking, smoked paprika, ground cumin, dried oregano, flour (of choice), salt and pepper

## KEY UTENSILS

large frypan with lid, oven tray

## NOTES

If you have your own Mexican spice mix you can use that instead of smoked paprika, cumin and oregano.

We used plain flour for this dish.



### 1. COOK THE BEEF

Set oven grill to 200°C.

Heat a frypan over medium-high heat with **oil**. Add beef along with **1 tsp oregano**, **2 tsp smoked paprika** and **2 tsp cumin** (see notes). Cook for 5 minutes, breaking up mince as you go.



### 2. ADD THE VEGETABLES

Slice and add spring onions (reserve tops for garnish). Dice capsicum and remove corn from cob. Add to pan as you go.



### 3. SIMMER THE STEW

Stir in **1/2 tbsp flour**, tomato paste and **500ml water**. Cover and simmer for 10 minutes.



### 4. TOAST THE TORTILLA STRIPS

Spread tortilla strips on a lined oven tray. Scatter cheese on top. Place under oven grill for 3-4 minutes until cheese is melted.



### 5. FINISH AND SERVE

Season the stew with **salt and pepper** to taste. Break apart cheesy tortilla strips and serve with stew.



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