




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 smoky flavours and fresh vegetables all cooked in one pan, finished with cheesy oven-baked tortilla strips!

 30 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
	46g	45g	90g

FROM YOUR BOX

BEEF MINCE	300g
SPRING ONIONS	1 bunch
GREEN CAPSICUM	1
CORN COB	1
TOMATO PASTE	1 sachet
TORTILLA STRIPS	1 packet
SHREDDED 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.



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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.



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.



2. ADD THE VEGETABLES

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



5. FINISH AND SERVE

Season the **stew** with **salt and pepper** to taste. Break apart **cheesy tortilla strips** and serve on the side. Top with any reserved **spring onion tops**.



3. SIMMER THE STEW

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

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

