



### 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.



## 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.*

## 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!



30 minutes



4/6 servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	46g/51g	45g/50g	90g/95g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BEEF MINCE	600g	600g + 300g
SPRING ONIONS	1 bunch	1 bunch
GREEN CAPSICUM	1	2
CORN COB	1	2
TOMATO PASTE	1 sachet	2 sachets
CHOPPED TOMATOES	400g	2 x 400g
TORTILLA STRIPS	1 packet	2 packets
SHREDDED CHEDDAR	1 packet	2 packets

## 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.

6P - use 2 tsp oregano, 3 tsp smoked paprika, 3 tsp cumin.



### 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.



### 3. SIMMER THE STEW

Stir in **1 tbsp flour**, **tomato paste** and **chopped tomatoes** along with **1 tin water (400ml)**. Cover and simmer for 10 minutes.

6P - stir in 1 1/2 tbsp flour, tomato paste and chopped tomatoes along with 1 1/2 tin water (600ml).



### 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**.

**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**

