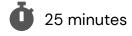




# Chilli-Free Chilli Con Carne

# with Corn Chips

Crunchy corn tortilla strips, flavourful (but not hot) spices and a dollop of yoghurt to finish. This is comfort food made good for you!





2 servings



Pork

# Corn cob

We've removed the corn from the cob in this dish, but if you prefer you can skip this step. Instead, halve the cob and boil for a few minutes, or cook on a grill pan or barbie.

#### FROM YOUR BOX

PORK MINCE	300g
SPRING ONIONS	1/3 bunch *
CORN COB	1
CHOPPED TOMATOES	400g
THYME	1/3 packet *
CHERRY TOMATOES	1/2 bag (100g) *
GREEN CAPSICUM	1/2 *
NATURAL YOGHURT	1/2 tub (100g) *
CORN TORTILLA STRIPS	1 packet (230g)

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

large frypan

#### **NOTES**

Dried spices vary in intensity so add yours to taste. Add some dried or fresh chilli if you like a bit of heat.

Add a tin of drained kidney or black beans to bulk up the meal if desired.

Add a little grated cheese to the top if you have it on hand.

No pork option - pork mince is replaced with chicken mince. Add to pan with 1 tbsp oil at step 1.



#### 1. COOK THE MINCE

Heat a frypan over high heat and add mince. Brown for 4–5 minutes, then slice and add spring onions (keep green tops separate), 3 tsp cumin and 2 tsp smoked paprika (see notes). Add a little oil if needed. Cook for 2 minutes.



#### 2. ADD THE VEGETABLES

Remove corn from cob and add to pan with tomatoes, 1/2 tbsp chopped thyme and 2/3 tin water (see notes). Simmer for 10 minutes, then season with salt and pepper.



#### 3. PREPARE THE TOPPINGS

Halve (or quarter) cherry tomatoes and dice capsicum. Leave separate on a plate.



## 4. PREPARE THE YOGHURT

Finely slice spring onion tops and add to yoghurt (optional), then season with **salt** and pepper.



## 5. FINISH AND PLATE

Serve chilli in bowls topped with fresh vegetables and a dollop of yoghurt (see notes). Serve corn tortillas on the side.

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 0481 072 599 or send an email to hello@dinnertwist.com.au



