



### Product Spotlight: Corn Cobs

An average cob of corn has 800 kernels in 16 rows. How many are in this week's corn?



## 4 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!

 25 minutes

 2 servings

 Pork

2 November 2020

## Corn cobs

*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)

*\*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 tsp 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](mailto:hello@dinnertwist.com.au)

