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   🍴 4 servings   🍗 Pork

2 November 2020

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	1/2 bunch *
CORN COBS	2
BEANS	400g
CHOPPED TOMATOES	400g
THYME	1/3 packet *
CHERRY TOMATOES	1/2 bag (200g) *
GREEN CAPSICUM	1
NATURAL YOGHURT	1/2 tub (250g) *
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 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), **4 tsp cumin and 3 tsp smoked paprika** (see notes)**.** Add a little oil if needed. Cook for 2 minutes.

2. ADD THE VEGETABLES

Remove corn from cobs and add to pan with drained beans, tomatoes, 1/2 tbsp chopped thyme and **1 tin water.** 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**