



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: JimJam Foods

Simply put, JimJam is ALL about the food: the taste and the flavour, the comfort of those rekindled childhood memories of food forgotten and the WOW factor it ignites.

JimJam
foods

H4 Cowboy Stew with Cornbread Muffins

Smokey beans cooked in a quick and easy cowboy stew with capsicum and corn kernels served with guacamole, homemade cornbread muffins and fresh jalapeño.



30 minutes



4 servings



Vegetarian

2 September 2022

Do ahead!

If you like to prep your meals ahead of time, you can make the mixture for the cornbread muffins ahead. Keep refrigerated in an air-tight container. Add any leftover muffins to lunch boxes!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	28g	54g

FROM YOUR BOX

CORNBREAD MIX	1 packet
CORN COBS	2
RED ONION	1
GREEN CAPSICUM	1
JIMJAM BEANS	1 jar
TINNED KIDNEY BEANS	400g
AVOCADOS	2
TOMATO	1
JALAPEÑO	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar

KEY UTENSILS

large frypan, muffin tray

NOTES

Use milk and melted butter instead of water and olive oil if desired. Using milk and butter will produce a softer texture and a richer-tasting cornbread.

If you don't have a muffin tray you can spoon the mixture onto a lined oven tray like scones! You can also use a cupcake tray, just decrease baking time to 12-15 minutes.



1. MIX THE CORNBREAD

Set oven to 220°C.

Add cornbread mix and kernels from 1 corn cob to a large bowl. Pour in **1 1/4 cup water**, **1/4 cup olive oil** and **1 tbsp vinegar** (see notes). Season with **salt and pepper** and mix well to combine.



2. BAKE THE CORNBREAD

Divide cornbread mixture into an **oiled** muffin tray (see notes). Bake for 15-20 minutes or until golden and crisp on the outside.



3. SAUTÉ THE VEGETABLES

Heat a large frypan over medium high heat with **oil**. Dice onion (reserve 1 tbsp for step 5) and capsicum. Add to pan as you go. Sauté for 4 minutes.



4. SIMMER THE STEW

Remove kernels from remaining corn cob. Add to frypan along with Jimjam beans, kidney beans (including liquid) and **1 cup water**. Stir to combine. Simmer for 8-10 minutes until vegetables are tender. Season with **1 tbsp vinegar, salt and pepper**.



5. MAKE THE GUACAMOLE

Roughly chop avocados. Add to a bowl and use a fork to mash. Dice tomato. Add to avocado bowl along with reserved red onion and stir to combine. Season with **1 tbsp vinegar, salt and pepper**. Slice jalapeño and set aside.



6. FINISH AND SERVE

Divide cowboy stew among shallow bowls. Dollop over guacamole and garnish with jalapeño slices. Serve with cornbread muffins for dipping.

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**

