



**Product Spotlight:
Jalapeño**

In 1999, roughly 107,000 acres in Mexico were dedicated towards growing jalapeños.



**Cajun Beef
with Toasted Corn Grits**

Beef mince and veggies, cooked in a ragu with a custom-blend cajun spice mix, served over polenta flavoured with American cheddar cheese and toasted corn.

 30 minutes

 2 servings

 Beef

Slow it down!

Instead of cooking the beef mince, veggies and spice mix in a frypan, add them to your slow cooker and simmer on high for 3 hours. Slow cooking allows for extra flavour and the beef mince to break down further.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	48g	69g

FROM YOUR BOX

CORN COB	1
BROWN ONION	1
CELERY STICK	1
GREEN CAPSICUM	1
GARLIC CLOVE	1
BEEF MINCE	300g
CAJUN SPICE MIX	1 packet
CHOPPED TOMATOES	400g
POLENTA	125g
SHREDDED AMERICAN CHEDDAR	1 packet
JALAPENO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan, kettle

NOTES

For extra flavour in your polenta, add a crumbled stock cube to the water, or for an extra creamy polenta, use half water half milk.

Cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt, ground cayenne.



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1. TOAST THE CORN KERNELS

Boil the kettle.

Remove **corn kernels** from **cobs**. Heat a saucepan over medium-high heat with **oil**. Add **corn** to pan and cook for 5 minutes until toasted and golden. Remove from pan and add **650ml hot water** to pan (see step 5).



4. SIMMER THE INGREDIENTS

Add **prepared vegetables** to **beef**. Sauté for 5 minutes until **onion** softens. Pour in **chopped tomatoes** and **1/2 tin water**. Cover and simmer for 5-8 minutes.



2. PREPARE THE INGREDIENTS

Slice **onion** and **celery**. Dice **capsicum** and crush **garlic**.



5. COOK THE POLENTA

Gradually pour **polenta** into saucepan with hot water. Whisk continuously until **polenta** has thickened. Remove from heat and add **cheese** and **1/2 toasted corn**. Season with **salt and pepper** (see notes).



3. BROWN THE BEEF MINCE

Heat a large frypan over medium-high heat. Add **beef mince** and use the back of a cooking spoon to break up. Add **cajun spice mix** and cook for 5 minutes until browning begins.



6. FINISH AND SERVE

Slice **jalapeño**.

Divide **grits** among shallow bowls. Spoon over **cajun beef** and garnish with **remaining toasted corn** and **jalapeño**.

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