



**Product Spotlight:**  
**Jalapeño**

In the Americas, the use of chilli, including jalapeños, dates back thousands of years, including the practice of smoking some varieties to preserve them.



# Chipotle Beef

with Charred Corn

Beef mince cooked in a custom-blend chipotle spice mix, served over a light and fresh coleslaw with diced tomato, avocado, charred corn and slices of fresh jalapeño.



25 minutes



2 servings



Beef

## Bulk it up!

To get extra servings and bulk up this meal; serve with grains such as quinoa, brown rice, roasted sweet potato or pumpkin, or use the ingredients to make tacos or burritos.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	52g	53g

## FROM YOUR BOX

BEEF MINCE	300g
CORN COB	1
BROWN ONION	1
TOMATO PASTE	1 sachet
CHIPOTLE SPICE MIX	1 packet
AVOCADO	1
COLESLAW	1 packet
TOMATO	1
JALAPENO	1

## FROM YOUR PANTRY

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

## KEY UTENSILS

2 frypans

## NOTES

Want to skip the extra frypan? Add corn kernels to beef instead of charring.

To dress the coleslaw; switch the vinegar for lime, or make a creamy dressing with yoghurt, sour cream, mayonnaise or aioli.

Remove seeds from jalapeño for a milder heat.



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### 1. BROWN THE BEEF MINCE

Heat a large frypan over medium-high heat. Add **mince** and break up any lumps with back of a cooking spoon. Cook for 5 minutes until mince begins to brown.



### 2. CHAR THE CORN

Remove **corn** kernels from cob (see notes). Heat a frypan over medium-high heat with **oil**. Add corn and cook for 4-6 minutes, or until charred.



### 3. SIMMER CHIPOTLE BEEF

Slice **onion** and add to beef. Sauté for 3 minutes to soften onion. Add **tomato paste**, **spice mix** and **3/4 cup water**. Simmer, covered, for 4-6 minutes. Season to taste with **salt and pepper**.



### 4. DRESS THE COLESLAW

Add **1 tbsp vinegar**, **1 tbsp olive oil**, **salt and pepper** (see notes) to a bowl, whisk to combine. Add coleslaw and toss to coat in dressing. 450g coleslaw.



### 5. PREPARE THE INGREDIENTS

Dice **tomato**. Slice **avocado** and **jalapeño** (see notes).



### 6. FINISH AND SERVE

Divide coleslaw among shallow bowls. Add chipotle beef, tomato, avocado and charred corn. Garnish with jalapeño.

**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**

