



Product Spotlight: Lime

Before cutting, roll the lime between your palm and bench top, tenderising the fruit and making it easier to juice!



Spiced Beef Chilli with Pumpkin and Kale

A flavourful and nourishing beef chilli stew, packed full of vegetables, with shredded kale, served with warming roasted pumpkin and lime-spiked yoghurt.

Slow it down!

Put the beef chilli in the slow cooker in the morning and have this ready for dinner by the time you walk in the door from a busy day! Add pumpkin to slow cooker, or roast as per instructions.



40 minutes



2 servings



Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	21g	35g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
BEEF MINCE	300g
BROWN ONION	1
TOMATO PASTE	1 sachet
MEXICAN SPICE MIX	1 packet
GREEN CAPSICUM	1
CHERRY TOMATOES	200g
LIME	1
NATURAL YOGHURT	1 tub
KALE	1 bunch
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube (of choice)

KEY UTENSILS

large frypan, oven tray

NOTES

We leave the skin on the pumpkin for extra flavour and added nutritional benefits. Use a vegetable peeler to remove if desired.

Add extra flavour to the pumpkin such as cumin or coriander seeds, ground cumin or coriander, or smoked paprika.

Mexican spice mix: smoked paprika, ground cumin, dried oregano.



1. ROAST THE PUMPKIN

Set oven to 220°C.

Dice **pumpkin** (see notes). Add to lined oven tray and toss with **oil, salt and pepper**. Roast for 20–25 minutes until golden and tender.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat. Add **beef mince** and cook for 5–7 minutes to cook off water. Dice and add **onion** with **tomato paste, Mexican spice mix** and sauté for 5 minutes until **onion** has softened.



3. SIMMER THE CHILLI

Dice and add **capsicum** and **cherry tomatoes**. Sauté 5 minutes. Add **crumbled stock cube** and **500ml water**. Simmer, semi-covered, for 15 minutes.



4. PREPARE THE TOPPINGS

Add **lime zest** to **yoghurt**. Mix to combine. Wedge **lime**.



5. ADD THE KALE

Finely shred **kale leaves** (we recommend 3–4 leaves) and roughly chop **coriander roots and stems** (reserve leaves for garnish). Add to **chilli**. Cook for further 5 minutes. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Ladle **chilli** into bowls. Add **pumpkin** and serve with **yoghurt, lime wedges and coriander leaves**.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

