



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.

 30 minutes

 2 servings

 Beef

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	15g	143g

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
GREEK 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.



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1. ROAST THE PUMPKIN

Set oven to 220°C.

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



4. PREPARE THE TOPPINGS

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



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. Add diced onion, tomato paste, Mexican spice mix and sauté for 5 minutes until onion has softened.



3. SIMMER THE CHILLI

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



5. ADD THE KALE

Finely shred kale 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

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