

**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 ragú with a custom-blend cajun spice mix, served over polenta flavoured with American cheddar cheese and toasted corn.



30 minutes



4/6 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
4/6 Person:	46g	37g	58g

FROM YOUR BOX

	4 PERSON	6 PERSON
CORN COBS	2	3
BROWN ONION	1	1
CELERY STICKS	2	3
GREEN CAPSICUM	1	2
GARLIC CLOVES	2	3
BEEF MINCE	600g	600g + 300g
CAJUN SPICE MIX	1 packet	2 packets
CHOPPED TOMATOES	400g	2 x 400g
POLENTA	250g	250g + 125g
SHREDDED AMERICAN CHEDDAR	1 packet	1 packet
JALAPENO	1	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



Scan the QR code to submit a Google review!



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 **1.3L hot water** to pan (see step 5).

6P – remove from pan and add **1.95L hot water** to pan (see step 5).



2. PREPARE THE INGREDIENTS

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



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.



4. SIMMER THE INGREDIENTS

Add **prepared vegetables** to **beef**. Sauté for 5 minutes until **onion** softens. Pour in **chopped tomatoes** and **3/4 tin water**. Cover and simmer for 5–8 minutes.

6P – add **2 x chopped tomatoes** and **no extra water**.



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 to taste with **salt and pepper** (see notes).



6. FINISH AND SERVE

Slice **jalapeño**.

Divide **grits** among shallow bowls. Spoon over **cajun beef** and garnish with **remaining toasted corn** and **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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

