



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



4 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
	39g	52g	46g

FROM YOUR BOX

BEEF MINCE	600g
CORN COBS	2
BROWN ONION	1
TOMATO PASTE	1 sachet
CHIPOTLE SPICE MIX	1 packet
COLESLAW	1 packet
TOMATOES	2
AVOCADOS	2
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 cobs (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 **1 1/2 cups water**. Simmer, covered, for 4-6 minutes. Season to taste with **salt and pepper**.



4. DRESS THE COLESLAW

Add **2 tbsp vinegar, 2 tbsp olive oil, salt and pepper** (see notes) to a bowl, whisk to combine. Add coleslaw and toss to coat in dressing.



5. PREPARE THE INGREDIENTS

Dice **tomatoes**. Slice **avocados** and **jalapeño** (see notes).



6. FINISH AND SERVE

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

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