



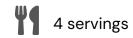


## **Spiced Beef Chilli**

### 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.

#### **FROM YOUR BOX**

BUTTERNUT PUMPKIN	1
BEEF MINCE	600g
BROWN ONION	1
TOMATO PASTE	1 sachet
MEXICAN SPICE MIX	2 packets
GREEN CAPSICUM	1
CHERRY TOMATOES	2 x 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.

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. 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 for 5 minutes. Add crumbled stock cube and 750ml 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** and roughly chop **coriander** roots and stems (reserve leaves for garnish). Add to **chilli**. Cook for a 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 0481 072 599 or send an email to hello@dinnertwist.com.au



