



### 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



4/6 servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	41g	19g	31g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	1
BEEF MINCE	600g	600g + 300g
BROWN ONION	1	1
TOMATO PASTE	1 sachet	2 sachets
MEXICAN SPICE MIX	2 packets	3 packets
GREEN CAPSICUM	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
LIME	1	2
NATURAL YOGHURT	1 tub	2 tubs
KALE	1 bunch	1 bunch
CORIANDER	1 packet	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.



### 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. Dice and add **onion** with **tomato paste, Mexican spice mix** and sauté for 5 minutes until **onion** has softened.



### 5. ADD THE KALE

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



### 3. SIMMER THE CHILLI

Dice and add **capsicum** and **cherry tomatoes**. Sauté 5 minutes. Add **crumbled stock cube** and **750ml water**. Simmer, semi-covered, for 15 minutes.

**6P** – add **crumbled stock cube** and **1L water**.



### 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**

