




### Product Spotlight: Avocado

To prepare an avocado, hold it steady with one hand and slice through the skin lengthwise until you hit the pit. Cut around the entire fruit. Gently twist the two halves in opposite directions to separate them.




## Slow Cooker Chipotle Beef Chili

Hearty beef chuck, slow cooked in a customer-blend chipotle spice mix with sweet potatoes and veggies, served with diced avocado, coriander leaves, dollops of sour cream and crunchy tortilla strips.

 20 minutes + 4 hours slow cook

 Beef

 2 servings

## No Slow-Cooker?

*No worries! Just simmer the browned beef, veggies, spice mix, and water in a covered pot on the stove for 2 hours, then shred the beef, add capsicum and corn, and cook uncovered for 20 minutes more.*

Per serve: **PROTEIN** 55g **TOTAL FAT** 54g **CARBOHYDRATES** 100g

## FROM YOUR BOX

BEEF CHUCK ROAST	400g
CORIANDER	1 packet
BROWN ONION	1
SWEET POTATO	500g
TOMATO PASTE	1 sachet
CHIPOTLE SPICE MIX	1 packet
RED CAPSICUM	1
CORN COB	1
AVOCADO	1
SOUR CREAM	1 tub
TOTOPOS CHIPS	1 packet

## PANTRY

oil for cooking, salt, pepper, flour of choice

## KEY UTENSILS

large frypan, slow cooker

## NOTES

You can leave the beef whole and cook on low for 8 hours/while you're at work if you like. To speed up cooking time, you can halve or quarter the beef and cook on high as recommended.

If your slow cooker has a sauté function, you can sear the meat in the cooker instead of in a frypan.

**Protein Upsize Option:** when adding extra meat, increase liquid in your slow cooker by adding 1/2 cup water to ensure even cooking.

*Chipotle spice mix: smoked paprika, dried oregano, ground chipotle, garlic powder, ground coriander, ground cumin, brown sugar*



### 1. BROWN THE BEEF

Heat a frypan with **oil** over high heat. Halve **beef** and coat with **1/2 tsp flour, oil, salt and pepper**. Add to pan to brown on all sides (see notes). Season with **salt and pepper**.



### 2. PREPARE THE VEGETABLES

Finely chop **coriander roots and stems** (reserve leaves for garnish). Dice **onion** and **sweet potato**. Add to slow cooker as you go along with **tomato paste** and **chipotle spice mix**.



### 3. SIMMER THE CHILLI

Add **beef** to slow cooker along with **500ml water**. Simmer on high heat for 4-5 hours (see step 4).



### 4. SHRED THE BEEF

Remove **beef** from slow cooker and use 2 forks to shred. Dice **capsicum** and remove **corn kernels** from the cob. Add all back to the slow cooker and cook for further 20 minutes.



### 5. PREPARE THE TOPPINGS

Dice **avocado**. Set aside with **sour cream** and **coriander leaves**.



### 6. FINISH AND SERVE

Garnish **chilli** with **avocado** and **coriander leaves**. Serve with **sour cream** and **tortilla strips**.

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