



Product Spotlight: Totopos Corn Chips

These totopos chips from La Tortilleria are authentic artisan tortilla chips. They are deliciously crunchy and perfect for dipping in guacamole, salsa and nachos. These are not your average corn chips!



Slow Cooker Chipotle Beef Chilli

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 corn chips.

20 minutes + 4 hours slow cook

Beef

2 servings

Mix it up!

Use the avocado and coriander to make a guacamole!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	93g	115g

FROM YOUR BOX

BEEF CHUCK ROAST	400g
CORIANDER	1 packet
BROWN ONION	1
SWEET POTATO	300g
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

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. Add beef and brown on both 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 avocados. Set aside with sour cream, coriander leaves and totopos chips.



6. FINISH AND SERVE

Garnish chilli with avocado and coriander leaves. Serve with sour cream and chips.

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