



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 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 tortilla strips.

 20 minutes + 4 hours slow cook  Beef  4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	51g/55g	41g	76g/94g

FROM YOUR BOX

	4 PERSON	6 PERSON
BEEF CHUCK ROAST	800g	800g + 400g
CORIANDER	1 packet	1 packet
BROWN ONION	1	1
SWEET POTATO	500g	1kg
TOMATO PASTE	1 sachet	2 sachets
CHIPOTLE SPICE MIX	1 packet	2 packets
RED CAPSICUM	1	2
CORN COB	1	2
AVOCADOS	2	3
SOUR CREAM	1 tub	1 tub
TORTILLA STRIPS	1 packet	2 packets

PANTRY

oil for cooking, salt, pepper, flour of choice

KEY UTENSILS

large frypan, slow cooker

NOTES

Leave beef whole and cook on low for 8 hours/while you're at work, or halve/quarter beef and cook on high to speed up.

If slow cooker has sauté function, sear meat in cooker instead of frypan.

Protein Upsize Option: when adding extra meat, increase liquid by adding 1/2 cup water for 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. Quarter **beef** and coat with **1 tbsp flour, oil, salt and pepper**. Add to pan to brown on all sides (see notes). Season with **salt and pepper**.

6P – use **1 1/2 tbsp flour**.



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 **3 cups water**. Simmer on high heat for 4-5 hours (see step 4).

6P – use **3 1/2 cups water**.



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** and **coriander leaves**.



6. FINISH AND SERVE

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

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**

