

**Product Spotlight:
Jalapeño**

In 1999, roughly 107,000 acres in Mexico were dedicated towards growing jalapeños.



Cajun Beef with Toasted Corn Grits

Beef mince and veggies, cooked in a ragu with a custom-blend cajun spice mix, served over polenta flavoured with American cheddar cheese and toasted corn.



30 minutes



4 servings



Beef

Slow it down!

Instead of cooking the beef mince, veggies and spice mix in a frypan, add them to your slow cooker and simmer on high for 3 hours. Slow cooking allows for extra flavour and the beef mince to break down further.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	23g	30g

FROM YOUR BOX

CORN COBS	2
BROWN ONION	1
CELERY	2 sticks
GREEN CAPSICUM	1
GARLIC CLOVES	2
BEEF MINCE	600g
CAJUN SPICE MIX	1 packet
CHOPPED TOMATOES	400g
POLENTA	250g
SHREDDED AMERICAN CHEDDAR	1 packet
JALAPENO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan, kettle

NOTES

For extra flavour in your polenta, add a crumbled stock cube to the water, or for an extra creamy polenta, use half water half milk.

Cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt, ground cayenne



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1. TOAST THE CORN KERNELS

Boil the kettle.

Remove kernels from corn cobs. Heat a saucepan over medium-high heat with oil. Add corn to pan and cook for 5 minutes until toasted and golden. Remove from pan and add **1.3L hot water** to pan (see step 5).



4. SIMMER THE INGREDIENTS

Add prepared vegetables to beef. Sauté for 5 minutes until onion softens. Pour in chopped tomatoes and **3/4 tin water**. Cover and simmer for 5-8 minutes.



2. PREPARE THE INGREDIENTS

Slice onion and celery. Dice capsicum and crush garlic.



5. COOK THE POLENTA

Gradually pour polenta into saucepan with hot water. Whisk continuously until polenta has thickened. Remove from heat and add cheese and 1/2 toasted corn. Season to taste with **salt and pepper** (see notes).



3. BROWN THE BEEF MINCE

Heat a large frypan over medium-high heat. Add beef mince and use the back of a cooking spoon to break up. Add spice mix and cook for 5 minutes until browning begins.



6. FINISH AND SERVE

Slice jalapeño.

Divide grits among shallow bowls. Spoon over cajun beef and garnish with remaining toasted corn and jalapeño.

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