



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



**e-Recipe only**

Create your way by  
using your favourite  
pantry items from  
home.



## Beef and Bean Chilli Con Carne

A quick and easy beef and kidney bean chilli  
served over brown rice.



30 minutes



2 servings



Beef

## FROM YOUR BOX

BROWN RICE	150g
BEEF MINCE	300g
BROWN ONION	1
GREEN CAPSICUM	1
TOMATO	1
TINNED KIDNEY BEANS	400g
TOMATO PASTE	1 sachet
GREEN CHILLI	1

## FROM YOUR PANTRY

oil for cooking, salt and pepper

## NOTES

You can serve this dish with some sour cream, yoghurt or cheese. Avocado and fresh coriander make a nice garnish!

Combine any leftover rice and chilli con carne, & wrap up in a burrito for another meal!

## 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.

## 2. SAUTÉ THE BEEF AND VEGETABLES

Heat a frypan over medium-high heat with **oil**. Add beef mince and cook, breaking down until sealed. Dice and add onion, capsicum and tomato. Season as preferred and cook until vegetables are softened.

**TIP** *We used 1/2 tbsp ground cumin and 1/2 tbsp smoked paprika to season. You can use a pre-made Mexican spice mix or do a blend of ground spices. Smoked paprika ground coriander, cinnamon, cumin and cayenne pepper all work well!*

## 3. SIMMER THE STEW

Stir in tomato paste. Add kidney beans along with water from tin. Stir to combine and simmer for 10 minutes. Season with **salt and pepper**.

## 4. FINISH AND SERVE

Serve chilli con carne with rice. Garnish with sliced green chilli.