



# Chicken Chilli Con Carne

A flavourful twist on the classic, this chicken chilli con carne is simmered in a smoky tomato sauce with corn and capsicum. Served over fluffy basmati rice.



35 minutes



2 servings



Chicken

## FROM YOUR BOX

BASMATI RICE	150g
SPRING ONIONS	1 bunch
CHICKEN MINCE	300g
GREEN CAPSICUM	1
CORN COB	1
TINNED CHOPPED TOMATOES	400g

## FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika, ground cumin, flour (of choice)

## NOTES

You can double the recipe or add extra ingredients to make more serves—leftovers make a great filling for tacos, burritos, or loaded nachos!

## 1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium–low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

**TIP** *For extra flavour, cook the rice in stock instead of water.*

## 2. COOK THE CHICKEN

Slice **spring onions**, reserving the green tops for garnish. Heat a large pan with **oil** over medium–high heat. Sauté white parts of the spring onion for 1–2 minutes. Add **chicken mince**, season with **3 tsp smoked paprika** and **3 tsp cumin**, and cook for 4–5 minutes, breaking up the mince as it browns.

**TIP** *You can use a pre made Mexican spice mix if you have one. Add ground chilli or cayenne for a spicy kick.*

## 3. SIMMER THE STEW

Dice **capsicum** and slice **corn kernels** off the cob. Add to the pan and stir in **1/2 tbsp flour** until coated. Pour in **chopped tomatoes** and **1 cup water**, stirring well. Bring to a simmer, and cook for 10–15 minutes, stirring occasionally, until the sauce thickens slightly.

**TIP** *Stir in a drained tin of beans (kidney, black, or cannellini) for extra protein and heartiness. We used plain flour. Add some tomato paste for richness.*

## 4. FINISH AND SERVE

Serve the chilli over rice and garnish with reserved spring onion tops.

**TIP** *Add a dollop of sour cream, grated cheese, or fresh coriander for extra flavour.*

**This recipe has simplified instructions to help lower your meal cost.**