

X2



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



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!

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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.