



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



4/6 servings



Chicken

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
SPRING ONIONS	1 bunch	2 bunches
CHICKEN MINCE	600g	600g + 300g
GREEN CAPSICUM	1	2
CORN COB	1	2
TINNED CHOPPED TOMATOES	400g	2 x 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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This recipe has simplified instructions to help lower your meal cost.

1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml 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.

6P – cover rice with **900ml water**.

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 **1 tbsp smoked paprika** and **1 tbsp cumin**, and cook for 4–5 minutes, breaking up the **mince** as it browns.

6P – use **1 1/2 tbsp each smoked paprika and cumin**.

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 tbsp flour** until coated. Pour in **chopped tomatoes** and **400ml (1 tin) water**, stirring well. Bring to a simmer, and cook for 10–15 minutes, stirring occasionally, until the sauce thickens slightly.

6P – stir in **1 1/2 tbsp flour until coated. Pour in 2 x chopped tomatoes and 1 tin water, stirring well.**

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.*