



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Corn Cobs

Corn falls into two food categories. The kernels are classified as a vegetable, but if you dry and pop them into popcorn they are considered a grain!



## 3 Beef & Bean Summer Chilli with Grilled Corn

A simple beef & bean chilli served with tortilla chips, lots of fresh garnish and grilled corn cobs. An easy dish to stretch out to serve many if you expect guests!

 20 minutes

 2 servings




 Beef

21 December 2020

## Make nacho plates!

*Cook the beef & bean mixture without water for a drier mix. Arrange tortilla strips on an oven tray, top with beef & bean mix, capsicum and corn kernels. Warm in the oven for 6-8 minutes then serve topped with coriander and dip!*

## FROM YOUR BOX

BEEF MINCE 	300g
SHALLOT	1
CRUSHED TOMATOES	400g
BEANS	400g
CORN COB	1
RED CAPSICUM	1
CORIANDER	1/2 packet *
LIME	1
TORTILLA STRIPS	1 bag
NACHO DIP	1 tub
 SWEET POTATO	1
 COURGETTES	2

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika


## KEY UTENSILS

large frypan, barbecue or grill pan

## NOTES

Add extra flavour by using 1 tsp cumin, oregano, thyme or a pinch of chilli flakes.


**No beef option** – beef mince is replaced with chicken mince.

 **VEG OPTION** – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.



### 1. BROWN & SEASON THE MINCE


Heat a frypan with **oil** over medium-high heat. Add beef mince and cook for 5 minutes or until browned. Break up lumps as you go. Dice and add shallot along with **2-3 tsp smoked paprika** (see notes).

 **VEG OPTION** – Dice shallot and cook in a frypan until softened. Season with **2 tsp smoked paprika**.



### 2. ADD TOMATO & BEANS

Stir in crushed tomatoes, **1/2 tin water** and drained beans. Simmer for 5-7 minutes and season with **salt and pepper**.

 **VEG OPTION** – Dice and add sweet potato (2-3cm chunks) and courgettes. Stir in crushed tomatoes, **1/4 tin water & beans**. Simmer for 10 minutes or until sweet potato is soft. Season to taste.



### 3. GRILL THE CORN

In the meantime, remove husks and silks from corn cob and halve or quarter. Rub with **oil** and grill on a barbecue or grill pan until charred to your liking.



### 4. PREPARE THE GARNISH

Dice capsicum, chop coriander and wedge lime. Arrange on a plate.



### 5. FINISH AND SERVE

Spoon chilli into bowls, garnish with fresh vegetables and serve with tortilla strips, dip and grilled corn.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

