



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Beans


Beans are the most concentrated source of plant-based protein in the world. At least 6-11% of a cooked bean's weight is protein.



3 Chilli con Carne with Corn Chips

Classic chilli con carne one pan served with corn chips and fresh toppings. Quick and family friendly.

 20 minutes

 2-3 servings

 Beef

24 August 2020

Bulk it up!

*Serve with a side of rice to
bulk up the dish!*

FROM YOUR BOX

BEEF MINCE	300g
BROWN ONION	1/2 *
ZUCCHINI	1/2 *
CARROT	1
CHOPPED TOMATOES	400g
RED KIDNEY BEANS	400g
CORN COB	1
CHERRY TOMATOES	1/2 packet (100g) *
CHIVES	1/3 bunch *
CORN CHIPS	1 bag

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (for cooking), salt, pepper, smoked paprika, ground cumin, dried oregano

KEY UTENSILS

large frypan

NOTES

Add any other topping ingredients of choice such as cheese, sour cream, chilli or coriander.

No beef option – beef mince is replaced with **chicken mince**. Add 1 tbsp of tomato paste for a deeper flavour.



1. BROWN THE BEEF MINCE

Heat a large frypan with **oil** over high heat. Add beef mince and cook for 4-5 minutes or until 'dry' and browned. Season with **salt and pepper**.



2. ADD THE VEGETABLES

Dice onion, zucchini and carrot. Add to pan.



3. SEASON AND SIMMER

Season with **2 tsp smoked paprika, 2 tsp cumin and 1 tsp oregano**. Cook briefly then pour in chopped tomatoes and **1/2 tin water**. Bring to the boil, see step 4.



4. ADD THE BEANS

Rinse and add beans. Simmer for 7-8 minutes (uncovered) or until reduced.



5. PREPARE THE GARNISH

Remove corn kernels from cob, halve cherry tomatoes and chop chives.



6. FINISH AND PLATE

Serve chilli con carne and corn chips at the table for everyone to add their own topping ingredients.

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**

