



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

4 servings

Beef

### Make nacho plates!

Cook the beef & bean mixture using only 1/2 jar of passata and no 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	600g
BROWN ONION	1
TOMATO PASSATA	1 jar
BEANS	400g
CORN COBS	2
RED CAPSICUM	1
CORIANDER	1/2 packet *
LIME	1
TORTILLA STRIPS	1 bag
NACHO DIP	1 tub
ZUCCHINI	1
SWEET POTATO	600g

\*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 large 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 onion along with **1 tbsp smoked paprika** (see notes).

**VEG OPTION - Dice onion and cook in a frypan until softened. Season with 1 tbsp smoked paprika.**

### 2. ADD PASSATA & BEANS

Stir in tomato passata, **1/3 cup water** and drained beans. Simmer for 5-7 minutes and season with **salt and pepper**.

**VEG OPTION - Dice onion and cook in a frypan until softened. Season with 1 tbsp smoked paprika.**

### 3. GRILL THE CORN

In the meantime, remove husks and silks from corn cobs 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.

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