

Webfid00272hero onepotchilliconcarne 133

## One-pot Chilli Con Carne

with Rice



20-30min



4 Portions

This classic chilli con carne is rich in iron, packed with veggies and completely delicious! Even better, you can make it up to a day ahead, which will intensify the amazing flavour - just chill it in the fridge and reheat before serving. Enjoy!

## What we send

- chipotle sauce <sup>6</sup>
- avocado
- spice mix
- red capsicum
- coriander, 1 garlic clove
- chopped tomatoes
- onion
- grass-fed beef mince
- jasmine rice
- red kidney beans
- Frozen, Corn Kernels

## What you'll require

- olive oil
- salt and pepper

## Utensils

- Colander
- large saucepan and lid
- medium saucepan and lid
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

If preferred, keep the avocado and coriander separate and scatter over just before serving.

## Allergens

Soy (6). May contain traces of other allergens.

## Nutrition per serving

Energy 685.0kcal, Fat 17.3g, Proteins 41.4g, Carbs 86.7g



1. Cook rice

Rinse the **rice** well. Place in a medium saucepan with 420ml water. Cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered for at least 5 mins.



2. Prepare ingredients

Meanwhile, finely chop the **onion** and **garlic**. Dice the **capsicum**, discarding seeds and membrane. Drain and rinse the **kidney beans**.



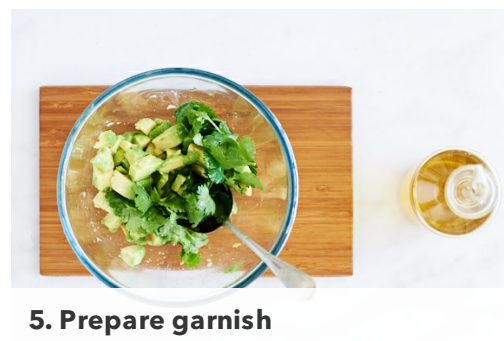
3. Start chilli con carne

Heat 3 tsp **oil** in a large saucepan over medium heat. Cook the **onion, garlic** and **capsicum** for 5 mins, stirring occasionally. Add the **spice mix** and cook, stirring regularly, for 1 min. Increase the heat to high, add the **beef** and cook, stirring occasionally, for 3-4 mins until browned.



4. Add tomatoes and beans

Add the **chopped tomatoes** and **kidney beans** and bring to a simmer. Season with **salt and pepper**, if desired. Cover, reduce heat to low and simmer for 15 mins, stirring occasionally.



5. Prepare garnish

Meanwhile, coarsely chop the **coriander** leaves and stems. Dice the **avocado** and place in a small bowl with half the coriander (see cooking tip) and drizzle with 2 tsp **oil**.



6. Add corn

Stir **corn kernels** into **beef** and simmer for 5 mins. Divide **rice** between bowls, top with the **chilli con carne** and scatter with the **avocado** and remaining **coriander**. Serve with the **chipotle sauce** for extra spice.