

# MARLEY SPOON



## Beef Chilli Con Carne

with Quinoa and Kale



30-40min



2 Portions

We've put a healthy spin on this Tex-Mex classic. All the much-loved elements are there, beef is simmered in tomato and Mexican-style spices, but we have replaced the rice with protein-rich quinoa and added a serve of garlicky kale to turn this tasty dish into a nutritious powerhouse.

## What we send

- 17
- 7

## What you'll require

- olive oil
- sea salt and pepper

## Utensils

- large frypan
- medium saucepan with lid
- sieve
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

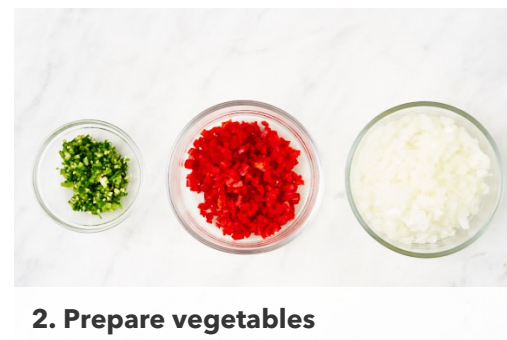
## Nutrition per serving

Energy 765kcal, Fat 34.0g, Carbs 56.2g, Proteins 51.3g



### 1. Cook quinoa

Bring a small saucepan of water to the boil for the quinoa. Rinse the **quinoa** well in a sieve, then drain (see cooking tip). Add the quinoa to the pan, return to the boil and cook for 12 mins or until tender. Drain, then return to the pan and cover to keep warm.



### 2. Prepare vegetables

Meanwhile, finely chop the **chilli**, removing the seeds if less heat is desired. Finely chop the **capsicum**, discarding the seeds and membrane. Finely chop the **onion**.



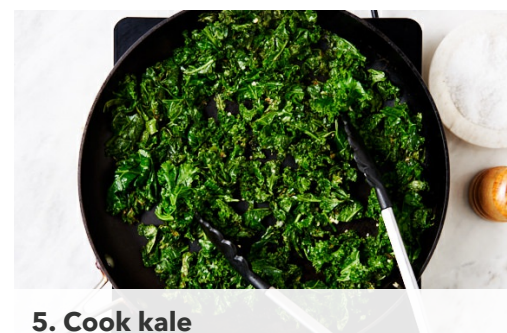
### 3. Start chilli con carne

Heat **2 tsp olive oil** in a medium saucepan over medium heat. Add the **chilli**, **capsicum** and **onion**, season with **salt** and cook, stirring occasionally, for 8 mins or until softened. Increase the heat to high, add the **beef mince** and cook, breaking up the lumps with a spoon, for 3 mins or until browned.



### 4. Prepare kale

Add the **Mexican spice blend** and cook, stirring, for 1 min or until fragrant. Stir in the **tomatoes** and bring to a simmer. Reduce the heat to low, cover and cook for 10 mins to develop flavour. Meanwhile, tear or chop the **kale** leaves in small pieces, discarding the stems. Crush or finely chop the **garlic**.



### 5. Cook kale

Heat **1 tbs olive oil** in a large frypan over medium-high heat. Cook the **kale**, covered, stirring occasionally, for 10 mins until tender (see cooking tip). Add the **garlic** and cook, uncovered, tossing often, for a further 2 mins or until lightly charred. Season with **salt and pepper**.



### 6. Get ready to serve

Season the **yoghurt** with **salt**. Divide the **quinoa**, **chilli con carne** and **kale** among plates. Drizzle with the **yoghurt** to serve.