

DINNERLY



⚡ FAST

Beef Chilli Con Carne with Quinoa and Corn



20-30 minutes



4 Servings

Everybody's favourite Tex-Mex dish gets a healthy makeover by swapping out white rice for protein-rich quinoa and adding in plenty of veggies.

WHAT WE SEND

- 250g quinoa
- 2 capsicums
- 2 spring onions
- 425g can corn kernels
- barbecue beef mince
- 20g chipotle in adobo sauce ⁶

WHAT YOU NEED

- garlic
- olive oil

TOOLS

- sieve
- small saucepan with lid
- large deep frypan or saucepan

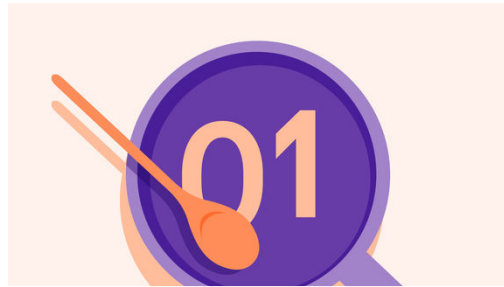
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

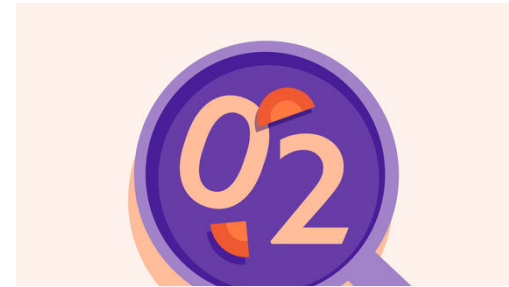
NUTRITION PER SERVING

Energy 640kcal, Fat 27.2g, Carbs 50.0g, Proteins 45.8g



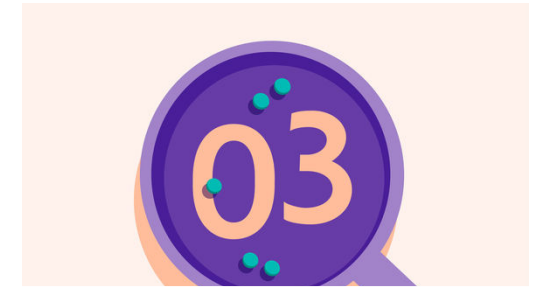
1. Cook quinoa

Rinse the **quinoa** well in a sieve, then drain (see Kitchen tips). Put in a small saucepan with **450ml water**, cover and bring to a simmer. Reduce the heat to low and cook, covered, for 12-15 mins until the water is absorbed and the quinoa is tender. Turn off the heat and stand, covered, for 5 mins.



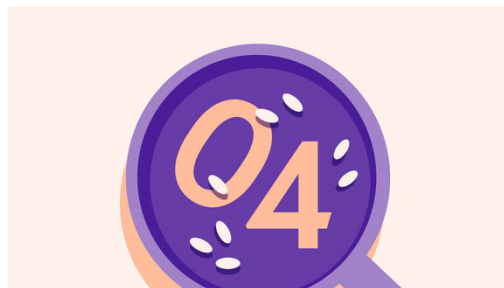
2. Prep ingredients

Meanwhile, finely chop the **capsicums**, discarding the seeds and membrane. Crush or finely chop **2 garlic cloves**. Thinly slice the **spring onions**. Drain and rinse the **corn**.



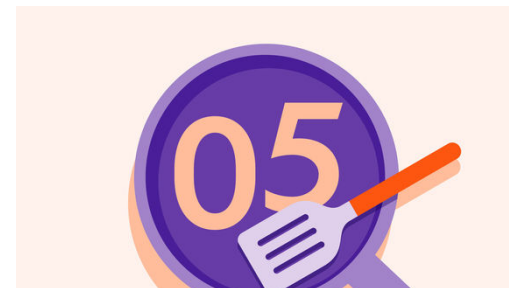
3. Start cooking

Heat **2 tbs olive oil** in a large deep frypan over medium heat. Cook the **capsicum** and **garlic**, stirring, for 3 mins or until softened. Increase the heat to high.



4. Simmer chilli con carne

Add the **beef mince** and cook, breaking up the lumps with a spoon, for 3-4 mins until browned. Stir in the **corn**, **chipotle** and **500ml (2 cups) water** and bring to the boil. Reduce the heat to medium-low and cook, stirring occasionally, for 15 mins or until thickened.



5. Serve up

Remove the pan from the heat (see Kitchen tips). Divide the **quinoa** among bowls and top with the **chilli con carne**. Scatter over the **spring onion** and enjoy.



6. Kitchen tips

It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy. ~ There's no need to season the dish as the barbecue beef mince is pre-seasoned.