

Serves 6 / Prep 5 minutes / Cook 35 minutes / 401 kcal, 13g fat, 26g carbs, 40g protein

Chilli Con Carne Bowl

GF

This is a bit of a twist on a chilli con carne, as you can find that in lots of other books. So this is a nod to Mexican flavours but with a shorter cooking time.

INGREDIENTS

1 tbsp olive oil
1 onion, chopped
1 pepper, diced
1 garlic clove, chopped
2 tsp smoked paprika
1 tsp ground coriander
500g (1lb 2oz) minced beef
250g (9oz) mushrooms
400g can chopped tomatoes
1 tbsp chilli sauce
500ml (16fl oz) beef or chicken stock
400g can kidney beans (or mixed beans), drained and rinsed
200g (7oz) sweetcorn, canned or frozen

TO SERVE

100g (3½oz) cherry tomatoes, sliced
½ red onion, chopped, or 2 spring onions, chopped
handful of grated cheese
lime wedges

METHOD

1. Heat the oil in a saucepan. Add the onion and pepper and cook for 5 minutes until starting to soften and turn lightly golden brown.
2. Stir in the garlic, paprika and coriander and cook for 30 seconds. Crumble in the beef and turn it over in the spices. Allow the beef to brown all over, then add in the mushrooms. Once the mushrooms start to soften, pour in the chopped tomatoes, chilli sauce, stock and beans. Bring everything to a simmer, then stir in the sweetcorn and simmer without a lid for 20 minutes, stirring occasionally.
3. After the 20 minutes, spoon into bowls and serve scattered with the chopped fresh cherry tomatoes, red onion or spring onions and grated cheese. Serve each portion with a wedge of lime on the side.



The perfect Father's Day dish! If you don't have taco bowls, simply serve this dish on a plate.

Suitable for 12+

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