

STEP 6

- Bring to the boil, then lower the heat and simmer for 30-40 mins, stirring occasionally.
- Cover with a lid or add water if it starts to dry out.



STEP 7

- While the chilli is cooking, add the rice to another pan and cover with double the quantity of cold water (700g).
- Bring to the boil then reduce the heat, cover and simmer for 10-12 minutes.



STEP 8

- Once cooked, drain the rice and serve, placing the chilli on top.
- If you have some, serve with green veg on the side. Enjoy!



CHILLI CON CARNE



INGREDIENTS

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|-----------------------------|--|
| 1 large onion, chopped | 400g tin of red kidney beans, drained and rinsed |
| 1 pepper, roughly diced | Salt and pepper to taste* |
| 1 carrot, diced | 350g rice to serve |
| 2 cloves of garlic, crushed | |
| 1 tbsp oil* | |
| 1 tsp mild chilli powder | |
| 1 tsp paprika | |
| 1 tsp cumin | |
| 500g minced beef | |
| 400g tin of tomatoes | |
| 1 tsp sugar* | |
| 2 tbsp tomato puree | |

EQUIPMENT

Chopping board, peeler, sharp knife, large frying pan, pan for rice, measuring jug, wooden spoon.

ALLERGENS

None

*not provided



STEP 1

- Dice the onion, pepper and carrot and peel and crush or chop the garlic.

STEP 2

- Heat 1 tbsp oil in the frying pan on medium heat.
- Add the onion and gently fry for 1 min. Then add the carrot and stir frequently for 5 mins.



STEP 3

- Add the diced pepper, garlic, chilli powder, paprika and cumin. Stir to mix and gently fry the vegetables and spices for 3 mins.



STEP 4

- Add the mince. Break up and brown the mince, cook for 3-4 mins. When it is browned, add and stir in the tomato puree.



STEP 5

- Next stir in the tomatoes and the kidney beans and 300ml of water.
- Season with salt and pepper and add 1 tsp sugar.

