



# CHILLI CON CARNE

Aim: A nutrient packed (macros and micros!) comfort dish!

## Ingredients

- 120g basmati rice (raw)
- 2 tsp olive oil
- 400g onion, finely chopped
- 1 clove garlic, diced
- 600g peppers, chopped
- 400g 5% fat beef mince
- 1/2 tsp each: cumin powder, chilli powder, coriander powder
- 1/4 tsp cinnamon powder
- 1 stock cube
- 2 x 400g tin tomatoes
- 1 x 400g tin kidney beans
- 80g mature cheddar, grated
- 1 tbsp fresh coriander

## Directions

READY IN: 45 // SERVINGS: 4

1. Cook the rice according to packet instructions, drain and set aside
2. Heat the oil in a deep saucepan over a medium-high heat, and saute the onion for 5-10 mins, until soft.
3. Add the peppers and saute for a further 3-4 mins.
4. Add the mince, stirring to ensure the mince does not cook in lumps, and continue to saute until the mince is golden.
5. Add the chilli, cumin, coriander, cinnamon and stock cube and stir until the mince is coated, then add the tomatoes and kidney beans, reduce the heat and simmer until the sauce is thick.
6. Spoon the rice into bowls, followed by the chilli con carne and topped with grated cheddar and fresh coriander. Serve!
7. Store in the fridge for up to 5 days, or freeze for longer term storage.

Variations to consider: For a veggie option, switch the beef for quorn (a complete protein). For a higher fat option, use 15% fat beef mince. For a lower carb option, switch the rice for cauliflower rice.

CALORIES

564

CARBOHYDRATE

64

PROTEIN

41

FAT

16

Nutrition values for one serving are based on average nutritional values of ingredients, and using homemade stock. Actual values will vary.