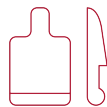




Chilli Con Carne with Avocado Salsa



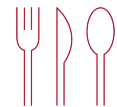
DIFFICULTY: EASY



PREPARATION TIME: 20 MINUTES



COOKING TIME: 50 MINUTES



SERVES: 6

Ingredients

- 2 tbsp Olive oil
- 1 celery stalk, diced
- 1 onion, diced
- 1 tsp salt
- 2 cloves garlic, minced
- 1 red capsicum, diced
- 1 carrot, grated
- 500g Beef Mince
- 2 x long red chilis, seeded & finely diced (add extra or leave in the seeds if you like your chili hotter)
- 2 tsp Paprika
- 2 tsp Ground cumin
- ½ tsp Cayenne
- 15g (3 squares) dark cooking chocolate
- 400g tin tomatoes
- 700ml sugo
- 1 x 410g tin 4 bean mix

Method

Heat 1 tbsp olive oil in a heavy based large saucepan on Induction/Flame Select level 8. Saute the celery and onion with the salt until they start to turn opaque and soften a little. Add the capsicum, carrot and garlic and continue to cook for a further 3 minutes. Remove from the dish.

Heat your oven to CircoTherm function at 180°

Heat the remaining 1 tbsp olive oil in the same pan, add the beef and cook until all the beef is completely coloured. Add the chillis, paprika, cumin and cayenne, stir to combine. Then add the vegetables back into the dish.

Add the chocolate, tinned tomatoes and sugo. Stir gently until the chocolate has melted then transfer the mix into a 2lt oven proof dish. Place into the oven and cook for 30 minutes.

While the chilli is cooking, mix together the yoghurt, cheese, breadcrumbs and lime zest for the topping. Set aside. Combine all the salsa ingredients and gently toss together. Set aside.

After the 30 minutes cooking time, remove the baking tray from the oven and change the function to CircoRoast at 180° Add the 4 bean mix, corn kernels and lime juice and mix evenly through the chilli.

Dollop the topping mixture over the chilli and spread out a little to completely cover the dish. Return to the oven on Level 3 and continue to cook for a further 15 minutes or until the topping turns golden.

Spoon the chilli into serving dishes and top with the avocado salsa.

The chilli can be served with your favourite accompaniment such as rice, baked potatoes or crusty bread.

125g corn kernels

Juice and zest of 1 lime

Topping

300ml plain yoghurt

200g grated cheese

1 cup breadcrumbs

Zest from the juiced lime

Avocado Salsa

2 x Avocado, peeled and diced

1 x 300g punnet Mixed mini tomatoes

1 x Small red onion, halved and thinly sliced

Juice of 1 Lime

1 x Long Red chili

Notes
