

# Chilli con carne with spicy potato wedges

(Serves 6)

## Ingredients

### For the chilli

- 1 tbsp Olive oil, napolini
- 350g Onions, diced
- 4 Garlic cloves, crushed
- 750g Minced beef (5% fat)
- 1/2 Pepper, any colour, de-seeded & chopped
- 2 Mixed chillis, deseeded & chopped
- 4 tsps Ground cumin
- 4 tsps Sweet paprika
- 2 tsps Dried, ground coriander
- 1/2 tsp Cayenne pepper
- 2 x 400g tins Tomatoes, chopped, napolini
- 2 tsps Tomato puree
- 1 Stock pot (Knorr Rich beef)
- 600 mls Water
- 1/2 tsp Black pepper
- 2 x 400g tins Kidney beans in water, washed

### For the Spicy wedges

- 1 kg Potatoes, cut into wedges
- 2 tsps Lurpak light, spreadable butter, slightly salted
- 4 tsps Rapeseed Oil (Canola)
- 200g Onions, finely chopped
- 2 Mixed chillis, deseeded & chopped
- 2 tsps each Turmeric, Cumin seeds
- 4 tsps Dried, ground coriander

## Preparation

### For the Chilli:

1. Heat oil in large frying pan or wok. Add onion & garlic & cook gently until softened.
2. Add mince & cook until browned.
3. Add pepper, chillis & all spices. Cook for 2-3 mins.
4. Add tomatoes & tomato puree. Dissolve stock pot in the 600mls of boiling water & add.
5. Bring to boil & simmer for 15 mins.
6. Add black pepper & kidney beans. Heat for 20 mins or until stock reduced/desired consistency.

### For the Spicy wedges:

1. Pre-heat oven 180°C/350°F/Gas mark 4 (160° fan).
2. Bring a pan of water to boil & parboil potato wedges for 5-8 minutes. Drain & shake.
3. Melt butter & oil in large pan. Add onions & sweat for 3-4 minutes.
4. Add chillis & spices. Stir.

5. Add potato wedges, toss well & fry for 2-3 mins.
6. Put in oven for approx. 20 mins until browned.
7. Serve with chilli.

**TOP TIP:** The chilli makes a great batch, suitable for freezing for a quick meal. If you don't want the spicy wedges, you can eat the chilli with a large baked potato & salad instead.

#### **NUTRITIONAL VALUES**

##### **PER SERVING**

Calories 568

Total Sugars 17.34g

Total Fats 16.19g

Saturated Fats 4.55g

Salt 1.51g

Fruit & Veg 3