



Chilli Con Carne

SERVES 4

INGREDIENTS

2 tsp olive oil
1 large onion, finely chopped
480g lean beef mince
2 garlic cloves, crushed
1 green pepper, deseeded and finely chopped
2 tsp ground cumin
2 tsp dried oregano leaves
½ tsp ground cloves
½ tsp cayenne pepper (or more to taste)
½ tsp ground cinnamon

800g tin tomatoes
1 cup salt reduced beef stock
½ cup coriander leaves, chopped

Tomato salad to serve

2 large tomatoes, finely diced
1 large red onion, finely chopped
2 tbs lemon juice
2 tbs coriander leaves, chopped

METHOD

1. Heat the oil in a large saucepan over medium heat. Add the onion and cook until softened. Increase the heat, add the beef mince and stir until well coloured.
2. Add the garlic, pepper, oregano and spices and stir for 2-3 minutes, or until fragrant, then add the tomatoes, stock and coriander. Bring to the boil, reduce heat and simmer for 30 minutes or until thickened.
3. To prepare the tomato salad combine the tomato, onion, lemon juice and coriander.
4. Divide meat among serving bowls and top with the tomato salad.

