



MIXED BEAN & BEEF CHILLI WITH STEAMED RICE

INGREDIENTS

- 6 tbsp veg oil
- 4 garlic cloves, crushed
- 4 red onions, diced
- 6 peppers, thinly sliced
- 4 courgettes, diced
- 750g 5% fat beef mince
- 6-8 tsp mild Cajun spice
- 4 x 400g tin tomatoes, chopped
- 2x 400g tin kidney beans, drained
- 500g baby spinach
- ½ bunch basil, chopped
- Ground black pepper
- 2 x vegetable stock cubes, crumbled

DIRECTIONS

- 01** Heat the oil in a large pan, add the garlic and cook gently for 1 minute, add the onions and cook until soft.
- 02** Add the mince and cook until brown & juices run clear. Add the courgette, aubergine, Cajun spice and beans and cook for about 10 minutes on medium heat.
- 03** Add the tomatoes, crumbled stock cube and beans and simmer for 15 minutes
- 04** Season to taste with black pepper. Stir in the basil and simmer for 5 minutes.
Stir through the baby spinach allowing to wilt. Then serve.

PREP TIME

- 30-35 minutes

SERVINGS

- Serves 16 - 20