

Chilli Con Carne Mince with Baby Marrow Pasta



Deliciously tasty chilli con carne served over fresh baby marrow pasta, perfect for a nutritious meal.

Prep Time: 15-20 minutes. Cook Time: 30-45 minutes.

Ingredients:

For the Chilli Con Carne:

- 500g Lean mince
- 1 can (400g) Tomatoes, diced
- 1/2 cup Water
- 1 tsp Chilli powder (adjust to taste)
- 2 tsp Cumin
- 2 tsp Coriander
- 2 tsp Paprika
- Salt and pepper, to taste

For the Baby Marrow Pasta:

- 120g Baby marrow, julienned
- 20g onion

- 1 Garlic clove minced
- 1 tsp Dried herbs
- Lemon juice, to taste

Method:

1. In a large pot, add the lean mince and cook until browned.
2. Stir in chilli powder, cumin, paprika, salt, and pepper.
3. Add in the diced tomatoes, water
4. Let the mixture simmer for about 20-30 minutes, stirring occasionally until thickened.
5. While the chilli simmers, cook the ▶

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julienned baby marrow in a separate pot with a splash of water, onion, garlic, herbs and a bit of lemon juice.

6. Cook for about 5-7 minutes until tender but still firm.
7. Plate the baby marrow pasta and top with the chilli con carne.
8. Garnish with fresh herbs and a drizzle of lemon juice.

Alternative Serving Suggestions:

- Fill half a gem squash with the chilli

con carne for a fun and healthy presentation.

- Serve the chilli con carne over cauliflower rice for a low-carb option.
- Store any leftover chilli in the fridge for quick meals throughout the week, as it can be made in bulk (5 portions).

Chef's Tip

To enhance the flavours, let the chilli sit for a while before serving; it tastes even better the next day!