

Chilli & Rice



Ingredients

- 500g beef mince
 - 250g lentils
- 2 onions, chopped
 - 4 carrots, grated
- 1 courgette, grated
- 3 tsp garlic granules
 - 1 tin kidney beans
- 1 tin chopped tomatoes
 - 1 tsp chilli powder
 - 500ml beef stock
 - 300g rice

Methods

1. Heat a large non-stick pot and add the mince and chopped onions.
2. Sprinkle over the garlic and chilli powder and cook for 5 minutes.
3. Add the grated carrot and courgette and cook for a further 2 minutes.
4. Add the beef stock, lentils and chopped tomatoes.
5. Bring to the boil and then reduce heat and simmer for 30 minutes, stirring occasionally to make sure the lentils don't stick. Add more water if needed.
6. Meanwhile, cook the rice as per the pack instructions.
7. Remove 1/3rd of the chilli and set aside to use in the crispy pancakes later in the week.
8. Drain and rinse the kidney beans and add to the remaining chilli and heat through.
9. Serve over the rice.