

healthy body



healthy mind

07772 076847
healthy@tlfitness.co.uk

Chilli Con carne with Cauliflower Rice

1 Packet of extra lean mince beef
2 Tins of chopped tomatoes
1 Tin of red kidney beans
1 small glass of red wine
6 Mushrooms
2 Carrots
1 large Onion
Good squirt of tomato puree
2 cloves of garlic
3 or 4 tsp Chilli powder
1 tsp Smoked paprika
Season to taste with pepper

Method

Soften the onions, carrots in a pan with a drizzle of olive oil.

Add the mince meat and cook off until it turns grey before adding the garlic, paprika and chilli powder.

Now add the mushrooms, chopped tomatoes, kidney beans, puree and a small glass of wine.

Once it starts to simmer, cover and transfer it to a pre-heated oven at 200c for 35/40 minutes.

Now grate the cauliflower floret side down into a bowl, season and heat through in a hot wok or pan for 1/2 minutes. Keep moving it around the pan and don't overcook it!