FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Spicy baked chilli



Serves	Prep Time	Cooking	Total Time	Calories
6 people				**426 kcal**

Stuff that's in it:

• 1Kg 5% Fat Lean Steak Mince

• 1 Can Chopped Tomatoes

• 100G Black Beans ((Pre-Cooked Ones, Drain))

• 60G Red Onion (Diced)

• 170G White Onion (Diced)

• 1 Tsp Mild Chilli Powder

• 2 Tsp Cumin Seeds

• 2 Tsp Ground Coriander

• 1 Celery Stick (Finely Chopped)

• 1 Tsp Olive Oil

• Small Bunch Fresh Parsley

• 1 Fresh Chilli (Sliced)

• Handful Baby Tomatoes

• 4 Garlic Cloves (2 Finely Sliced, 2 With Skin Removed)

• 3 Tortilla Wraps

• 60G Protein Cheese (Grated)

• 1 Beef Stock Cube (Knor)

What you do:

Pre heat your oven to 180˚c.

Start by bringing a small pan up to heat and dry fry the cumin seed for a few seconds, they should start jumping around quickly, remove from the heat and use a pestle and mortar to make into fine powder.

Heat the oil in a large deep heavy bottomed pan, Add the red/white onion and celery and fry gently for a few minutes until translucent. Add the chopped garlic and stir through. Add the chilli powder, cumin powder made from the seeds and ground coriander and stir through, drop the black beans in and mix and then drop the tomatoes and extra garlic cloves in whole.

Add the mince and break up with a spoon while you cook so it cooks more evenly. Once it's all brown, add the stock cube, tomatoes and then re fill the tin with water, bring to the boil and then simmer for 20-25 minutes until thick.

Slice the tortilla in half. In a deep oval oven dish, lay each one around the edge and push down gently so all the bottom is covered with wraps which are just overlapping the edge of the dish. Full with the mince meat, then sprinkle the cheese, parsley and chopped chilli is using.

Bake for around 15 mins, or until cheese is melted and the crust is golden

Nutrition

- Carbs: 27g
- Fat: 10g
- Protein: 54g

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