



FIT FAST  
COOK  
HOMEMADE IS HEALTHY

## Chilli brisket Fries



Serves	Prep Time	Cooking	Total Time	Calories
<b>6 people</b>				<b>522 kcal</b>

### Stuff that's in it:

- 850G Rolled Brisket
- 1 (170G) Large Onion (Chopped)
  - 1 Red Pepper (Chopped)
- 70G (2 Sticks) Celery (Chopped)
- 3 Garlic Cloves (Finely Chopped)
  - 1 Can Chopped Tomatoes
- 150G Adzuki Beans (Drained)
  - 70G Tomato Puree
- ½ Fresh Red Chilli (Finely Sliced)
  - 1 Cinnamon Stick
  - 5G Cumin
  - 5G Groud Coriander
  - 5G Paprika
- Squirt Of Fresh Lime Juice
- 10G Fresh Coriander
- 800G Maris Piper Potato (Peeled And Sliced Into Chips)
- 30G 30% Less Fat Mature Cheese

- 30G Eat Lean Red Protein Cheese (Xxx)
- Squirt Of Oil
- 500Ml Beef Stock
- 100Ml Low Alcohol Red Wine

### **What you do:**

Add a squirt of oil to a large deep bottom pan.

Add the onion, celery and red pepper and gently fry for a few minutes.

Add the garlic and chilli then fry for a minute then add the spices and mix.

Add the tomato purée and mix again.

Make a well in the middle of the mixture then Drop the brisket in and brown all over.

Add the red wine and simmer for a minute then add the tomatoes and stock and drop the cinnamon stick in.

Turn the meat in the sauce then remove and add it to the slow cooker, then Bring the sauce to the boil and add a squeeze of lime juice then simmer for a few minutes before adding to the slow cooker.

Cook for 6-7 hours in a slow cooker on high.

Before you are ready to serve cook your fries , I used my new actifryer!!Or You can oven bake your own.

Meanwhile Remove the meat with tongs and add the sauce back to the large pan and reduce on a simmer for around 15 minutes until thick (remove Cinammon stick), then shred the beef up in the sauce, sprinkle the cheese all over and serve with the fries and fresh coriander!

### **Nutrition**

- Carbs: 36g
- Fat: 24g
- Protein: 36g

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