



Make your own...

Meat Free Chilli

Ingredients:

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|--------------------------------|--------------------------------|
| ✓ 1 tbsp sunflower oil | ✓ 1/2 tsp paprika |
| ✓ 1/2 onion, chopped | ✓ 1/2 tsp cumin |
| ✓ 1/4 red pepper, chopped | ✓ 1/2 tbsp peanut butter |
| ✓ 1 1/2 garlic cloves, crushed | ✓ 50g sweetcorn |
| ✓ 1/2 medium courgette, sliced | ✓ 50g kidney beans |
| ✓ 50g mushrooms, chopped | ✓ 1/2 tbsp tomato purée |
| ✓ 110g veggie mince | ✓ 400g tin of chopped tomatoes |
| ✓ 1/2 tsp chilli powder | ✓ 150g long grain rice |

Follow the video tutorial online at www.bit.ly/gt-chilli

Recipe and video created by



Instructions:

1. Fry the onion and red pepper in the oil until soft.
2. Add the garlic, courgette and mushrooms and cook until the mushrooms are golden brown.
3. Add the mince, chilli powder, paprika, cumin, peanut butter, sweetcorn and kidney beans and fry for 4-5 minutes, stirring constantly. If the mixture sticks and needs a bit of moisture use some of the juice from the tinned tomatoes.
4. Add the purée and tinned tomatoes, stir well and simmer for 10 minutes over a low heat.
5. Serve on a bed of cooked long grain rice (allow 75g per person).



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