



Chipotle Beef Chilli in a Bun and Wedges with Balsamic Rocket Salad

2

Family 30-35 Minutes • Medium Spice • 1 of your 5 a day



- Potatoes
- Garlic Clove
- Brioche Hot Dog Buns
- Beef Mince
- Chipotle Paste
- Tomato Passata
- Beef Stock Paste
- Wild Rocket
- Balsamic Vinegar

Pantry Items
Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Baking tray, garlic press, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Brioche Hot Dog Buns 7) 8) 11) 13)	2	3	4
Beef Mince**	240g	360g	480g
Chipotle Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Wild Rocket**	20g	40g	40g
Balsamic Vinegar 14)	12ml	24ml	24ml
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	75ml	125ml	150ml
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	591g	100g
Energy (kJ/kcal)	3261/779	552/132
Fat (g)	32.1	5.4
Sat. Fat (g)	13.9	2.4
Carbohydrate (g)	87.4	14.8
Sugars (g)	13.6	2.3
Protein (g)	38.9	6.6
Salt (g)	2.28	0.39

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 11) Soya 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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1



Roast the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

4



Simmer your Chili

Add the **garlic** and **chipotle paste** to the **beef**. Stir-fry for 30 secs.

Stir in the **passata**, **beef stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring the **chilli** to the boil, then reduce the heat slightly and simmer until thickened, 7-8 mins.

2



Prep Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Slice the **buns** top down through the middle (but not all the way through).

5



Dress to Impress

In a medium bowl, combine the **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**.

Pop the **briccho buns** into the oven to warm through, 2-3 mins.

Just before everything's ready, toss the **rocket** through the **dressing**.

3



Cook the Mince

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

6



Assemble and Serve

When everything's ready, spoon the **beef chilli** into the **buns** and place on your plates.

Serve the **rocket salad** and **wedges** alongside.

Enjoy!