

Lean beef chilli

Big flavour, freezes brilliantly, and lean mince keeps the fat low while the protein stays high.

Ready in **30 min** | Serves **1**



PROTEIN

46g

CARBS

72g

FAT

9g

CALORIES

570kcal

• INGREDIENTS

150g	5% fat beef mince
100g	kidney beans, drained
200g	chopped tomatoes
1/2	onion and 1/2 pepper, diced
1 tsp each	chilli powder, cumin and smoked paprika
150g	cooked rice to serve

• METHOD

- 1 Brown the mince in a dry non-stick pan, breaking it up as it cooks.
- 2 Add the onion and pepper and cook for 5 minutes until soft.
- 3 Stir in the spices for 30 seconds, then add the tomatoes and beans.
- 4 Simmer for 15 minutes until thick. Serve over the rice.

• SWAPS AND TIPS

- Scale it up and freeze portions for easy nights.
- Top with a spoon of Greek yoghurt instead of sour cream for a little extra protein.
- Swap the beef for turkey mince or Quorn mince for a leaner or veggie version.

Macros are per serving and approximate. They vary with brands and portions, so check labels if you're tracking closely.