
Typ: Fleisch

Quelle: Good Housekeeping, Oct 2016

Bemerkungen: Cornbread is often served alongside a chilli con carne - here it's the pie lid!
Hands-on time 15min. Cooking time about 1 hr 25min.

Zutaten: Serves 6
1 tbsp vegetable oil
500g lean beef mince
1 large onion, chopped
1 red pepper, chopped
2 garlic cloves, crushed
2 tsp ground cumin
1 tsp ground coriander
¼ - ½ tsp chilli flakes, to taste
1 tbsp tomato puree
2 tsp dried oregano
2 x 400 g tins chopped tomatoes
400 g tin kidney beans, drained and rinsed

FOR THE CORNBREAD TOPPING

300 mL buttermilk
25 g butter, melted and cooled slightly
2 medium eggs
200 g (7oz) polenta (not instant)
¾ tsp bicarbonate of soda
100 g Cheddar cheese, grated

Rezept: 1. Heat oil in a large pan over a high heat and fry the mince until browned, stirring regularly. Add onion and pepper and cook until softened, about 5 min. Stir in the garlic, spices and tomato puree and cook for 1 min, then add the oregano, tomatoes and seasoning. Bring to the boil, cover and simmer for 40 min, removing the lid for the final 5 min to reduce slightly. Stir in the kidney beans. Check seasoning. Tip mince mixture into a 2,5-L ovenproof dish.

2. Preheat oven to 200°C (180°C fan) mark 6. In a large jug, whisk together the buttermilk, butter and eggs. In a large bowl, stir the polenta and bicarbonate of soda together with ½ tsp salt. Pour the wet ingredients into the dry and stir until combined (Umgekehrte Reihenfolge macht mehr Sinn!).

3. Pour cornbread mixture over the chilli and sprinkle with cheese. Bake for 25-30 min until golden. Serve with green vegetables or salad.

PER SERVING 516 cal, 34 g protein, 23 g fat (10 g saturates), 40 g carbs (11 g total sugars), 7 g fibre

GET AHEAD: Make to the end of step 1 up to 2 days ahead and store in the fridge. Complete recipe to serve