

CHILLI CON CARNE WITH BAKED SWEET POTATO

Jay Halford

 Makes 10 Portions  Total Time: 1hr 30min  Prep: 45min  Cooking: 45min  Storage: 5days

Ingredients:

- 10ml of cold pressed rapeseed oil
- 1 whole red onion
- 2 cloves of garlic
- 1/2 a red chili
- A 10g chunk of fresh ginger
- 1 red pepper
- 1 green pepper
- 1 yellow pepper
- 1 small courgette
- 1 small carrot
- 50g of tomato paste
- 2 x 400g tins of chopped tomatoes
- 1 teaspoon of ground cumin
- 1 teaspoon of ground coriander
- 2 teaspoons of smoked paprika
- 2 teaspoons of mild chili powder
- 25g bunch of fresh coriander
- 20g of fresh basil
- 2 tins of kidney beans
- 1 400g tin of chickpeas
- Pink Himalayan salt
- Ground black pepper
- I normally serve 1/2 of a sweet potato per portion

Method:

Pre heat the oven to 200c and place in to the oven the sweet potatoes and bake for 30-40 minutes depending on the size. Pierced the potatoes with a knife in a few places before they go into the oven.

Place a large thick based saucepan on to a medium heat with a little cold pressed rapeseed oil allow it to come up to heat

Fine chop the red onion, garlic, chili and ginger and place into the pan and allow it to sweat down for 4-5 minutes until they become soft. Stirring regularly

Season as you go with salt and pepper

Small dice the carrot, courgette and peppers and add them to the pan as well and continue to sweat these down with the lid on the pan for a further 10 minutes stirring regularly

Remove the lid and add all of the ground spices (cumin, coriander, smoked paprika and chili powder)

Add in the tomato puree to the veg and mix it so that it coats all of the contents of the pan

Add the chopped tomatoes after this and bring the pan up to a gently simmer and leave for 30 minutes

Finish the chili with kidney beans and chickpeas, drain and rinse them and stir into the pan with the chili. Then stir in the chopped fresh coriander.

Equipment needed: Chopping board, Chef's knife, Large saucepan, Wooden spoon, Small paring knife, Oven