

# Chilli con cauli



10g organic butter or coconut oil  
2 large white onions, finely chopped  
500g lean beef mince/low fat vegetarian mince\*  
a pinch of sea salt and black pepper  
½ green pepper, diced  
3 beef tomatoes, diced  
5 garlic cloves, finely chopped  
4 red or green chilli peppers  
1 x 400g tin chopped tomatoes  
15g tomato purée  
1 tsp cayenne pepper  
200g tinned kidney beans, drained  
90g per person cauliflower, finely chopped or grated

**SERVES 4**

*\* **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Heat the butter / oil in a pan over a medium heat and add the onion. Fry for 3-4 minutes, or until soft. Add the mince and cook for 4-5 minutes, stirring to brown all over. Add the salt and pepper.

PER SERVING:  
365 Calories  
**36g Carbs**  
**35g Protein**  
**9g Fat**



Add the green pepper and beef tomatoes, and cook for 3-4 minutes, or until soft. Add the garlic cloves and chilli peppers and cook for 1 minute. Add the tinned tomatoes, tomato purée and cayenne pepper. Simmer gently for 15-20 minutes. Add the kidney beans. Cook for 10 minutes.

Bring a pan of cold water to the boil. Add the cauliflower and simmer gently for 3 minutes, or until cooked to your liking. Drain well.

*Once cooled, store any leftover chilli sauce in an airtight container and refrigerate for up to 3 days or freeze on same day.*