



Posted on 13 May 2015
by DinnerTime

Paleo Chilli Pot



Ingredients

1 Onion, finely diced
 1 tbsp. Cooking Fat/Coconut Oil (h)
 2 cloves Garlic, peeled and crushed
 1-2 fresh Chilli, sliced
 80 g Walnuts (option to toast lightly in the oven for 10 minutes at approx 120C)
 1 tsp. Ground Cumin (h)
 1 tsp. Paprika Powder (h)
 800 g Minced Beef
 4 Carrots, peeled & diced
 3 Arabic Courgette, diced
 1 x 500 g carton Chopped Tomatoes
 2 tbsps. Tomato Paste
 1 tbsp. Tapioca Starch to thicken it up, optional (h)
 1-2 tsps. Cocoa Powder, optional (h)
 2 x 35 g bar Lindt 85% Dark Chocolate
 1 bunch Fresh Coriander Leaves, for serving

Preparation

1. Heat a large heavy based saucepan on medium-high heat and pre-heat oven to approximately 120 degrees Celsius if you would like to toast walnuts.
2. Dice onion finely and add to saucepan with coconut oil. Stir regularly while you peel and crush garlic and slice chilli.
3. Add to the onion and continue to stir until onion starts to become translucent.
4. Tip walnuts (approx. 2 handfuls) onto a baking tray and roast for about 10-15 minutes.

- 5 5. Add cumin and paprika powder to saucepan with the onion and stir for a minute before adding beef mince. Turn heat to very high and sauté beef until browned, while you chop carrots and courgette.
- 6 6. Dice carrots by cutting in half lengthways, then into 2-3 long pieces, then dice from the side so you have really small pieces (this will reduce cooking time).
- 7 7. Add to pan as you go along, then do the same with the courgette.
- 8 8. Add chopped tomatoes and tomato paste to the pot and allow to cook on high, stirring occasionally for about 10-15 minutes, or until carrots are tender.
- 9 9. If you would like to thicken the sauce, mix a teaspoon of tapioca starch with a dash of water in a mug, then tip into pot, stirring thoroughly and ensuring you continue to let it boil for at least another 2-3 minutes to cook the starch.
- 10 10. If you are using cacao or cocoa powder, add here as well.
- 11 11. When carrots are cooked, chop walnuts roughly and add to the pot.
- 12 12. Remove from the heat and allow to cool slightly while you cut up chocolate into small pieces using a sharp knife, and roughly chop a handful of fresh coriander leaves.
- 13 13. You can mix the chocolate through the whole pot before serving (it will melt) or use it as a garnish with the coriander and it will hold it's shape a bit more.

Cooks Note

Recipe shared by Dinnertime.
