

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) 1tsp. Ground Cumin (h) 1 tsp. Paprika Powder (h) 800 g Minced Beef 4 Carrots, peeled & diced 3 Arabic Courgette, diced 1x500 g carton Chopped Tomatoes 2 tbsps. Tomato Paste 1tbsp. 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 I. 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 2. Dice onion finely and add to saucepan with coconut oil. Stir regularly while you peel and crush garlic and slice chilli.
- 3 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. 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. 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 II. When carrots are cooked, chop walnuts roughly and add to the pot.
- 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. 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.