

# CHILLI QUEST

**EAT THEM  
TO DEFEAT THEM**

**FEATURING**



The vegetables have been spotted in the deep dark jungles of **Central and South America**.

These fiendish vegetables have disguised themselves inside kids' favourite chilli dishes such as tacos, fajita, and nachos.

Your mission is to help the kids find them, eat them to defeat them and then let out our victory cheer...



**HASTA LA VISTA  
VEGGIES!**



A simple mild chilli with their choice of meat or plant-based alternative, vegetables and pulses or beans can be added. It needs larger vegetable chunks selected from the featured vegetables listed below – this makes for a fun challenge for the children to find the veg – eat them to defeat them.

## Method

Yield **12**

Here's our recommended recipe, or you can simply adapt your own recipe – just keep the veg chunky and serve with a reminder to the children to **Eat Them to Defeat Them** and say “**Hasta la vista veggies!**”

- 1** Place a suitable pan on the stove to heat, add the oil, mince, onion, carrot, squash, and red pepper. Cook until the vegetables begin to soften. **If using plant-based alternative add to the pan at point 2.**
- 2** Add the water, garlic, tomatoes, kidney beans and chilli powder to the pan (**and plant-based alternative if using**), reduce the heat to a simmer and continue to cook for 20 – 25 minutes to allow the chilli to cook out and thicken before finishing with the tomato puree and vegetable bouillon.
- 3** **Probe and record temperature - must be above 75 °C.**
- 4** Whilst the chilli is cooking, place another suitable pan of water on the stove to heat.
- 5** When the water has come up to the boil add the Tilda Brown & White Rice and turmeric powder to the pan. Continue to cook for 15-20 minutes until the rice is just about cooked through. At this stage stir in the chopped cauliflower, red pepper, and peas.
- 6** Continue to cook until the rice softens, and the vegetables are cooked through, remove from the stove, and drain in a colander.
- 7** **To serve:** Evenly portion the Cauliflower Vegetable Rice onto a suitable plate or bowl and add a portion of the cooked chilli.

## Serving suggestions

Our recommended serving is with **Tilda Brown & White Rice**.

Could also be served with **tacos**, **fajitas** or as **chimichangas**.



## Ingredients

### Chilli

15ml oil  
250g beef, chicken, lamb or plant-based alternative  
1 onion, chopped  
150g carrots, diced  
150g butternut squash, diced  
½ red pepper, diced  
250ml water  
2 tbsp garlic powder  
800g tomatoes, chopped  
250g kidney beans, drained  
1 tbsp chilli powder  
45g tomato puree  
15g vegetable bouillon

### Cauliflower Vegetable Rice

300g Tilda Brown & White Rice  
1-2 tsp turmeric powder  
100g cauliflower, chopped  
½ red pepper, diced  
100g garden peas

