



TICK'S CHILI BEEF & VEGGIES

WHAT YOU'LL NEED

500g mince

1 large onion

6 garlic cloves

Chopped mushrooms

1 can chilli beans

1 large cup of frozen veg

Grated cheese if you like that on top

A cup of rice

Extra spice and seasoning if you like
(soy, worcester sauce, chilli sauce...)

HOW TO COOK IT

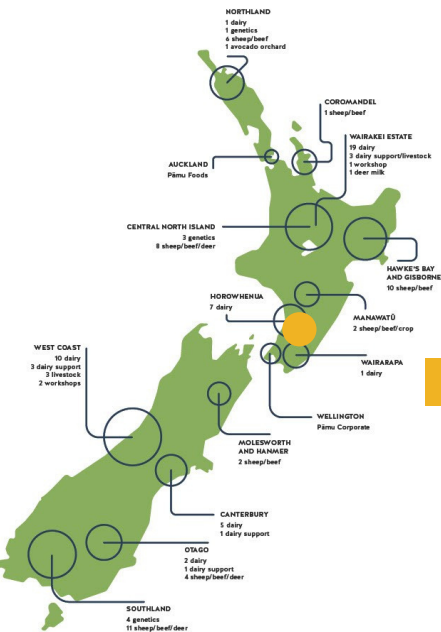
1. Bring a pot of water with a splash of oil to the boil and add the rice. When it boils again turn down to a simmer, stirring sometimes to stop it sticking to the bottom of the pot.
2. Chop onions and garlic and saute in a frying pan, when soft put them in a bowl.
3. Brown the mince in the pan and add a bit of salt and pepper.
4. Add the rest of the ingredients to the mince (except the cheese) and stir through
5. Add any extra seasoning if you like it a bit spicy, then stir the onions and garlic back in
6. Bring the mince to the boil then turn the heat down to a simmer. Put a lid on and cook for 10 minutes longer, stirring occasionally.
7. After 12 minutes simmering drain the rice and rinse under hot water.
8. Serve the rice with the chilli beef on top.
9. Add cheese on top if you like cheese.



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Pāmu (Landcorp Farming Limited) has more than 100 farms all over Aotearoa New Zealand. We are proud to support Meat the Need and stand shoulder to shoulder with our local communities.



MEET THE CHEF: TICK

I have a hard-working wife and we share the cooking. I enjoy winding down while cooking a meal either in the kitchen or on the BBQ.

This recipe is quick, tasty and inexpensive. And even better reheated the next day.

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