

OVERALL time: 55 mins

CHILLI CON VEGGIE

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

Metric

Number of servings : 4

ingredients

For the Roast Butternut

- 400 g Butternut, cubed
- 30 ml Olive oil
- 2.5 ml **Cape Herb and Spice Chipotle chilli**
- 2.5 ml **Cape Herb and Spice Atlantic Sea Salt**
- 5 ml Sugar

For the rest of the Veggies

- 200 g White onion, finely chopped
- 15 ml Olive oil
- 1 Red pepper, diced
- 1 Yellow pepper, diced
- 400 g Tin of chopped tomatoes
- 45 ml **Cape Herb and Spice Chipotle chilli**
- 2.5 ml **Cape Herb and Spice Atlantic Sea Salt**
- 2 Cloves of garlic, finely minced
- 5 ml Sugar
- 5 ml Ground cumin
- 400 g Tin of kidney beans

For serving

- 20 g Coriander leaves
- Tortillas (or brown rice)
- Double cream plain yoghurt

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 40 mins

Place butternut in a bowl and pour over the olive oil. Toss to coat butternut evenly with oil. Stir together the **Cape Herb & Spice Chipotle Chilli**, salt and sugar and sprinkle over the butternut. Line a baking tray with baking paper and spread out butternut cubes evenly on baking tray. Roast in a pre-heated 200 degree Celsius oven for 25-35 minutes until the butternut is caramelised and soft. (How long it takes depends on how large the butternut cubes are.)

Make the rest of the vegetables while the butternut is roasting. Add the onion, peppers and olive oil to a large saucepan and stir-fry over medium heat for five minutes. Then add the rest of the veggie ingredients except the red kidney beans. Cover with a lid and simmer over very low heat for 15 minutes. Next stir in the red kidney beans just to heat them through and finally add the roast butternut. Taste and adjust for salt if need be.

Remove from the heat and add loads of coriander. Serve with fluffy warm tortillas (or brown rice) and thick double cream yoghurt.

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