

GREAT RECIPE IDEAS FOR YOUR FOOD DONATIONS



Serves 6

Prep time: 25 minutes

Cooking time: 1 hour

INGREDIENTS

- 3 tbsp vegetable oil
- 2 red onions, chopped
- 2 red peppers, chopped
- 2 celery sticks, chopped
- 1 large sweet potato, cleaned, skin left on and cut into 1 cm chunks
- 3 cloves garlic, crushed
- ½ - 1 tbsp mild chilli powder
- 1 tsp cumin seeds or cumin powder
- 1 tbsp smoked paprika
- 1 tbsp tomato purée
- 2x 400g can chopped tomatoes
- 1 tbsp cocoa powder
- 250ml vegetable stock
- 400g can black-eyed beans/black beans, rinsed and drained
- 400g can lentils, rinsed and drained
- Large handful fresh coriander

For the avocado dip:

- 2 avocados, mashed
- 4 sprigs of coriander, chopped
- ½ lemon, zest and juice
- 200g **Alpro No Sugars** or **Greek Style alternative to yogurt**
- ¼ tsp cumin
- A small pinch of salt & good pinch of black pepper
- 2 fresh red chillies, finely sliced

VEGGIE CHILLI WITH ALPRO AVOCADO DIP

A delicious plant-based twist on a classic that provides four out of your 5-a-day! The slight heat in the chilli is mellowed with the accompanying creamy avocado dip.

METHOD

1. In a large heavy-based frying pan with a lid, heat the oil over a medium heat. Add the onions, peppers, celery, and sweet potato – give it all a good stir then cover with the lid and gently cook for 20 minutes.
2. Remove the lid, stir in the crushed garlic, dried spices and tomato purée and cook for 2 minutes. Stir in the canned tomatoes, cocoa powder, 250ml stock and bring to the boil. Turn down the heat and simmer uncovered for 20 minutes. Add the beans and lentils and cook for a further 5-10 minutes.
3. **To make the avocado dip:** add the chopped coriander leaves and the zest and juice from half a lemon to the **Alpro alternative to yogurt** along with the mashed avocados and mix well until it's smooth. Season with the cumin, salt and pepper, pour into a bowl and garnish with the thinly sliced chillies.
4. **To serve:** add the chopped coriander to the vegetable chilli, then serve with rice, the Alpro avocado dip and lime wedges.

TOP TIP

For a variation why not serve in a jacket potato, potato wedges or load up flour tortillas (warmed up in a dry pan) for a chilli wrap topped with avocado dip.