GOOD OLD

Chilli Con Carne

Serves: 5 – 6 people
Time to cook: 60 minutes

Putting it together

1. Chop up the onions, garlic and carrot and fry in the oil for 3 minutes until soft and tender.
2. Add the minced meat, chilli powder, ground cumin, ground cinnamon and cook for 10 minutes or until the meat is browned.
3. Chop the red peppers and remove the seeds, also chop the celery and add both to the pan.
4. Stir in the tinned tomatoes, kidney beans and chick peas, bring to the boil and simmer for 15-20 minutes.
5. Boil the rice as instructed on the packet.
6. Season the chilli with pepper and serve with the boiled rice.

Ingredients

- 500g lean mince (steak/beef)
- 2 onions
- 2 carrots
- 2 sticks celery
- 2 red peppers
- Table spoon of olive oil
- 2 cloves garlic
- 1 teaspoon chilli powder
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- Black pepper (to taste)
- 400g tin chickpeas
- 400g tin red kidney beans
- 2 x 400g chopped tomatoes
- 200g long grain rice

Congratulations to the winning chefs from South Yorkshire Fire and Rescue:
The ‘Tankersley Three’ – Alan Barraclough, Dean Light, Steve Burton.
BBQ Chicken Wraps with Sweetcorn

How to Cook

1. Grill the chicken until cooked thoroughly; shred and cut into thin slices.
2. Boil corn on the cobs for 5 – 10 minutes or until soft.
3. Chop up cucumber and tomatoes into small pieces.
4. In a medium bowl, stir BBQ marinade into chicken and mix well.
5. Divide chicken, tomatoes, cucumber and lettuce equally amongst wraps.

Serves: 4 people
Time to cook: 45 minutes

Ingredients

- 4 chicken breasts
- 1 jar of BBQ Marinade
- 4 tomatoes
- 1 large cucumber
- 1 bag of lettuce
- 4 medium size corn on the cobs
- 8 medium size wraps or flour tortillas

Thanks to all the firefighters who took part!
Other recipes made on the day include Spicy Salmon Curry and Mushroom and Courgette Provencal. To download these recipes please visit: www.rotherham.nhs.uk/cookit