

Cheeky Chilli



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Turkey Mince
1 Onion
2 Red Chillies deseeded and finely chopped
2 Garlic Cloves crushed
2 Dashes of Worcestershire Sauce
Grated Ginger
1 Carrot grated
400g Can Chopped Tomatoes
400g Can Red Kidney Beans
1 Avocado stoned peeled and chopped finely
1 Beef Tomato finely chopped
Juice of 1 Lemon
Crème Fresh (low fat)

Method

Fry the turkey mince in a small amount of water (about 2 teaspoons) add the onion, garlic, 1 chilli and carrot and stir fry until the turkey is cooked

Add the can tomatoes, beans and Worcestershire sauce and simmer for 5-8 minutes

Mix the avocado, beef tomato, lemon juice and 1 chilli in a small bowl

Remove the chilli from the heat serve with the avocado and crème fresh.