



## One-pot venison chilli

**SERVES 6 PREP 10 mins COOK 1 hr 10 mins EASY**

1 tbsp sunflower oil  
500g venison mince  
2 onions, chopped  
2 tbsp cumin seeds  
1 tsp each ground coriander, mild chilli powder and cracked black pepper  
4 garlic cloves, crushed

**1** Heat the oil in a casserole dish or heavy saucepan over a medium heat and tip in the mince, breaking it up with a spoon. Cook, stirring occasionally, for 10 mins until golden brown. Add the onions and continue to cook for 5 mins until softened, then stir in the spices and garlic, allowing the spices to toast for a few minutes.

**2** Turn up the heat, splash in the red wine and simmer for a minute, scraping any bits stuck to the base of the pan, then pour over the stock. Season and simmer gently, uncovered, for 30 mins, stirring occasionally. Tip in the beans and half the

150ml red wine  
600ml beef stock  
400g can kidney beans, drained but not rinsed  
2 limes, zested  
20g 75% dark chocolate, finely grated (optional)

lime zest and continue to simmer for 20 mins until the sauce has thickened. Serve with the remaining lime zest scattered over along with the grated chocolate, if using.

**TIP** This tastes even better the next day as the flavour develops. Chill in the fridge overnight before reheating.

**GOOD TO KNOW** healthy • low fat • fibre • iron • 1 of 5-a-day

**PER SERVING** 231 kcals • fat 6g • saturates 2g • carbs 11g • sugars 4g • fibre 6g • protein 25g • salt 0.3g

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