



Venison Chilli

(makes 4 servings)

Great combo, light on starch thanks to the cauliflower 'rice' and venison makes a brilliant, leaner alternative to beef and you can substitute natural yoghurt for the crème fraîche if you wish.

Ingredients

1 tablespoon light olive oil or coconut oil
½ medium onion, peeled and finely chopped plus 1 clove garlic, peeled and crushed/minced
2 jalapeño peppers, seeded and diced
450-500g prime wild venison mince
2 tablespoons chilli powder (some like it mild, some like it hot!)
1 teaspoon ground cumin plus 1 teaspoon dried oregano
1 x 400g tin red kidney beans, drained and rinsed
1 x 400g tin black beans, drained and rinsed
60g corn, fresh or frozen
1 x 400g tin chopped tomatoes
4 tablespoons tomato purée
Sea salt and freshly ground black pepper
2 tablespoons full fat crème fraîche
1 small fresh cauliflower, green leaves removed and florets roughly grated on a box grater
Lots of coriander leaves, finely chopped plus 1 small red chilli, de-seeded and finely diced

Method

Warm the oil over a medium heat in a large thick-bottomed pot, add the onion and a teaspoon of sea salt crystals, turn the heat to very, very low, put a lid on the pot and very gently sauté until the onion is soft. Add the garlic and peppers, stir well, return the lid and sauté for a further 5 minutes or until the peppers are beginning to soften.

In a separate pot, brown the venison mince over a high heat, stirring vigorously until every morsel of mince is nicely browned then add it to the onion/garlic/pepper mix, add the spices and stir well to combine. Stir in the kidney beans, black beans, corn, tomatoes and tomato purée, bring just to the boil then reduce to a very gentle simmer, cover and cook for around an hour.

Before serving, remove the lid, turn up the heat and let the chilli bubble and reduce for around 15-20 minutes. Leave to cool a little then gently stir in the crème fraîche

Serve on a bed of cauliflower 'rice' mixed with coriander and diced red chilli.