



Chilli Poppers

Servings: 4

Prep Time: 5min

Cook Time: 25min

Ingredients

- 2 tbsp. (30 ml) olive oil
- 1 small red onion; peeled and finely diced
- 2 garlic cloves; peeled and minced
- 1 tsp. (5 ml) ground coriander
- 1 tsp. (5 ml) ground cumin
- ½ tsp. (2,5 ml) smoked paprika
- 200 g lean beef mince
- Salt and pepper
- 2 tbsp. (30 ml) fruit chutney
- 150 g jalapeño chillies; halved and deseeded
- 70 g feta cheese; crumbled
- ¼ cup (60 ml) plain low fat yogurt; to serve
- Coriander; to garnish

Directions

1. Preheat the oven to 200 °C.
2. Heat the olive oil in a large heavy based pan over medium heat and gently sauté the onion, garlic, and spices for a couple of minutes or until fragrant.
3. Add the mince to the pan and sauté for a further 8–10 min. or until the mince is browned and cooked through. Season with salt and pepper and stir through the chutney. Remove from heat and set aside.
4. Place the jalapeño chillies on a lightly oiled baking tray and fill with the mince mixture. Top with crumbled feta.
5. Bake for 15 min. or until the jalapeños have softened slightly.
6. Garnish with fresh coriander and serve with plain yogurt.