



Lunch Recipe

Tasty Chilli

This recipe is taken from "Fuelling Winners" - a jockeys guide to healthy eating, and was submitted by former champion jockey Kevin Darley.

You'll need:

500g of lean minced beef

1 medium onion, chopped

A good teaspoon of hot chilli in sunflower oil

1 red pepper and 1 green pepper - half chopped finely and half chopped in chunks

1 large tin of tomatoes

1 small tin of kidney beans, drained

Stock Cube

190ml water

Black Pepper

What to do:

Place the mince into a non-stick pan, heat until it browns and the fat runs out. Add onion and cook until soft. Add the chilli, stock cube, tomatoes, kidney beans and the water. Add the finely chopped peppers, stir well and season with black pepper. Cook for about 30 minutes. Just before the end of cooking add the rest of the peppers which have been chopped in chunks.