Recipe

bbq beef & spiced wedges

for a family of 4 (with leftovers!)

A colourful beef chilli packed with mushrooms, squash, peppers and sweetcorn, all gently simmered together for a rich, full-of-flavour dish. Finished with BBQ-spiced potato wedges for a tasty twist, it's delicious served with warm wraps and a little grated cheese or yoghurt on the side.

Spice blend ingredients

20g of nutritional yeast

Pinch of ground black pepper

2 tbsps of ground cumin

1 tbsp of ground coriander

2 tbsps of smoked paprika

1 tsp of ground cinnamon

A pinch of mild chilli flakes

Ingredients

A glug of oil

1 white onion - chopped

1 punnet of mushrooms - chopped

500g of minced beef

1 tbsp of tomato puree

1 carrots - grated

3 cloves of garlic - crushed

½ butternut squash, diced

1 red pepper, cut into strips

400g of chopped tomatoes

400g of tomato passata

800ml of water

1 tbsp of cocoa powder - (ensure no added sugar)

Large tin of sweetcorn

Juice from 1 lime

2 spring onions, chopped

Small bunch of coriander, chopped

2 large jacket potatoes

A glug of oil

Juice from 1 lime

Spice blend

Method through oven

Heat oil in a large pan and soften the onions. Add mushrooms and cook until golden.

Add the beef, increase the heat and cook until browned and the liquid has reduced.

Stir in the spice blend (reserving 1 tbsp for the wedges), tomato purée, carrots, garlic, squash and pepper.

Add the chopped tomatoes, passata, water and cocoa powder. Bring to the boil, then simmer for at least 1 hour, stirring regularly.

Meanwhile, heat the oven to 190°C. Cut the potatoes into wedges and coat in oil, lime juice and the remaining spice blend.

Roast for 45 minutes, until cooked through.

Stir the sweetcorn into the chilli once thickened. Finish with lime juice, spring onion and coriander, then serve with the wedges.

You may have some left over so make sure to freeze it to enjoy for another night!

E: hello@nurserykitchen.co.uk
T: 01245 808080
nurserykitchen.co.uk
@nurserykitchen

Nutritious delight with every bite

Please note: This recipe is correct at the time of publication on 15/09/2026.