

Fired up

Torch fat with this metabolism-boosting chilli con carne recipe from chef Adam Gray

ADAM GRAY

is executive chef at Skylon (skylon-restaurant.co.uk) in the Royal Festival Hall, London. He has been a chef for 28 years and has held a Michelin star for 11. He cycles 30km a day, competes as a runner and trains in krav maga.



THE MEAL **CHILLI CON CARNE**

Spicy foods are the smart choice if you're trying to lose weight, because their high levels of capsaicin help to ramp up your metabolism. This dish also provides 30g of muscle-building protein per serving.

THE SWAP **SOUR CREAM FOR GREEK YOGHURT**

Greek yoghurt contains four times more protein than sour cream, but has less than a third of the calories and half the salt. It also offers more than twice the energy-boosting vitamin B12.

THE BONUS **MORE HAPPINESS, LESS INFLAMMATION**

Kidney beans are packed with folate, which helps to improve mood, while shallots contain quercetin, which soothes inflammation after training.

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THE RECIPE **INGREDIENTS** (serves 2)

4 shallots, chopped / 2 garlic cloves, chopped / 1 red chilli, deseeded and chopped / 100ml rapeseed oil / 500g lean beef mince / 2tsp smoked paprika / 3 plum tomatoes, chopped / 400g can of chopped tomatoes / 150ml beef stock / 3tbsp tomato purée / 1 bay leaf / 400g can of kidney beans, drained / Salt and pepper to taste / 1tbsp fresh basil, chopped / Thyme sprigs / 2tbsp chives, chopped / 200ml Greek yoghurt

TO MAKE

- Heat half the rapeseed oil in a large saucepan. Add the shallots, garlic and chilli and cook for a few minutes.
- At the same time, cook the mince in a separate pan over a moderate heat in the remaining oil. When it's browned, drain in a sieve to remove excess fat.
- Add the smoked paprika to the shallot mixture and cook for a further five minutes, then stir in the browned mince.
- Add the fresh and tinned tomatoes and leave to reduce on a medium heat for five minutes.
- Pour in the beef stock and stir in the tomato purée. Add the bay leaf, then bring the mixture to the boil and leave it to simmer.
- Once the sauce is beginning to thicken, which should take 20-30 minutes, add the kidney beans and leave to cook for another five to ten minutes.
- Season with salt and pepper and add the basil leaves. Garnish with thyme sprigs.
- Mix the chives with the Greek yoghurt.
- Serve with brown rice (cooked according to packaging instructions) and with the chive yoghurt on the side.