

## Chilli



One of my favourite “stodge” recipes is a chilli, it makes me feel like I’m being naughty and eating something as treat but it’s actually super healthy and the chilli gives a nice fiery kick of heat to warm your cockles! This chilli recipe is quite simply a variation of my previous [chilli recipe](#) but with one amazing difference!! Whilst

you are cooking the chilli, bake a potato. For best results, pre-heat your oven to 200C, prick your potato all over drizzle with olive oil, himalayan salt and a twist of pepper, then pop in the microwave for 5 minutes, turn and cook for a further 5 minutes and then pop it in the oven to crisp up the skin for 20 minutes. (make it paleo by using a sweet potato)

Now, back to the chilli! Make sure you cook this exactly the same as my [chilli recipe](#) and let the sauce thicken. You can cook this quickly on the hob it doesn’t have to be done in the crockpot. Then once the potato has cooked, split in half and scoop out the flesh and pop in a bowl and mash it up so it’s really smooth. If you want to make it really creamy add a little bit of mashed avocado to it :). Then take your little potato boat and put it on a baking tray



lined with parchment paper, then scoop some chilli and put it inside the potato (careful not to overload it!) and then repeat this for the other half of the potato. Finally using a fork or spoon put your mashed potato back on top of the chilli mixture inside your potato. sprinkle a smidge of cheese on it you like and then pop it back in the oven or under a grill to crisp up the potato mixture on top of the chilli, serve garnished with fresh coriander.

So what’s so great about this chilli recipe? Firstly you’re getting a really good mix of fats, proteins and carbs, and secondly by putting your chilli

mixture into your potato it's really helping you to manage your portion control! Double whammy!

Try it out for yourself! I promise you there is no other chilli recipe quite like it!

Love Roo xx

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