




Product Spotlight: Coriander


All parts of the coriander are edible including the stems and seed. It has a fresh, sweet, lemon and nutty flavour that brings life to dishes.



Mexi Beans with Tortilla Strips

A mix of beans, shallot, spices and corn. Served with fresh tomato and capsicum, topped with coriander yoghurt and crunchy tortilla strips for scooping.

 20 minutes

 2 servings

 Plant-Based

6 January 2023

Make nachos instead!

Spread the tortilla strips over a lined oven tray. Spoon over bean mix to taste, and sprinkle with tomato and capsicum. Bake for 5-10 minutes and serve with coriander yoghurt.

Per serve: **PROTEIN** 34g **TOTAL FAT** 37g **CARBOHYDRATES** 171g

FROM YOUR BOX

SHALLOT	1
CORN COB	1
TINNED BAKED BEANS	2 x 400g
TOMATO	1
GREEN CAPSICUM	1
CORIANDER	1 packet (10g)
COCONUT YOGHURT	1 tub (125g)
TORTILLA STRIPS	1 bag

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice - we used apple cider), smoked paprika, ground cumin

KEY UTENSILS

large frypan

NOTES

If you like your chilli spicy add chilli flakes or fresh chilli to the pan.



1. FRY THE SHALLOT

Heat a frypan over medium-high heat with **oil**. Slice and add shallot with **3 tsp smoked paprika** and **2 tsp cumin** (see notes). Cook for 3-4 minutes.



2. ADD CORN AND BEANS

Remove kernels from corn cob. Add to pan along with baked beans and **1/2 cup water**. Simmer for 5 minutes. Season to taste with **salt and pepper**.



3. PREPARE THE TOPPING

Dice tomato and capsicum. Toss together with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.



4. MIX THE YOGHURT

Roughly chop coriander. Mix half of the coriander with yoghurt, **1/2 tbsp vinegar, salt and pepper**.



5. FINISH AND SERVE

Serve beans into bowls and top with fresh topping, yoghurt, remaining coriander and tortilla strips on the side.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

