



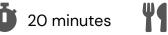
Product Spotlight: Coriander

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.

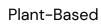
Mexi Beans with Tortilla Strips

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









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.

FROM YOUR BOX

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



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.

