



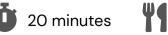
## Product Spotlight: Coriander

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.

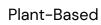
# Mexi Beans with Tortilla Strips

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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.

