

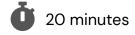




Mexi Beans

with Tortilla Strips

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







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.

TOTAL FAT CARBOHYDRATES

27g

88g

FROM YOUR BOX

| BROWN ONION | 1 |
|--------------------|----------------|
| CORN COBS | 2 |
| TINNED BLACK BEANS | 400g |
| JIMJAM BEANS | 1 jar (560g) |
| CHERRY TOMATOES | 1 punnet |
| 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 to be spicy add chill flakes or fresh chilli to the pan.



1. FRY THE ONION

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



2. ADD CORN AND BEANS

Remove kernels from corn cobs. Add to pan along with black beans and liquid, Jimjam beans and 1/2 cup water. Simmer for 5–10 minutes. Season to taste with salt and pepper.



3. PREPARE THE TOPPING

Halve or quarter cherry tomatoes and dice 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.



