




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

 20 minutes

 4 servings

 Plant-Based

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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	TOTAL FAT	CARBOHYDRATES
	19g	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.

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

