



Product Spotlight: Spring Onions

Spring onions are very young onions, harvested before the bulb has had a chance to swell. The long, slender green tops & the small white bulb are edible, and are good either raw or cooked.



2 Bean Tortillas with Slaw

Jim Jam beans served in corn tortillas with kale slaw.

 30 mins

 2 servings

 Plant-Based

16 July 2021

Less Dishes!

If you want to reduce your time washing dishes, simply cut the corn kernels off the cob and cook with the beans. Warm the tortillas in a sandwich press.

Per serve: **PROTEIN** 26g **TOTAL FAT** 33g **CARBOHYDRATES** 84g

FROM YOUR BOX

CORN COB	1
SPRING ONIONS	1/2 bunch *
JIM JAM CAMPFIRE BEANS	1 jar
KALE SLAW MIX	1/2 bag (200g) *
CHIPOTLE MAYONNAISE	2 tbsp *
CORN TORTILLAS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

KEY UTENSILS

2 large frypans

NOTES

Tortillas can also be warmed in a sandwich press. Keep warm by wrapping in a fresh tea towel until serving.



1. CHAR THE CORN

Heat a large frypan over high heat. Remove husk and silk from corn. Add to dry frypan and cook until crisp and tender (about 4 minutes each side). Once cooked drizzle over **olive oil**, season with **salt and pepper**. Reserve the pan.



2. WARM THE BEANS

Heat a second frypan over medium-high heat with **oil**. Slice spring onion whites, add to pan as you go, cook for 1-2 minutes. Pour in the beans and cook, stirring, for 4-6 minutes, until warmed through.



3. PREPARE SALAD

Thinly slice remaining spring onion green tops, add to a bowl with kale slaw mix and 2 tbsp chipotle mayonnaise. Toss salad until well coated in mayonnaise.



4. WARM THE TORTILLAS

Reheat dry frypan. Warm tortillas in batches according to packet instructions. Keep warm until serving (see notes).



5. FINISH AND PLATE

Make a platter of tortillas, salad and beans for everyone to build their own tortillas, serve with cooked corn and extra chipotle mayo.

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

