



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Avocado

Did you know that avocado is a fruit?  
Just 1/3 of an avocado contains  
twenty different vitamins and  
minerals! It is the only fruit to contain  
heart healthy monounsaturated fat...  
good fat!



## 4 Mexican Bean Stew with Totopos Chips

A hearty and wholesome bean stew with mild spices of cumin and coriander, served with crunchy Totopos chips and topped with creamy avocado.

 30 mins

 2 servings

 Plant-Based

2 April 2021

## Spice the Dish!

*You can add extra vegetables to stretch the dish out - corn and zucchini work well!  
For a little heat, try serving the stew with fresh chilli or a sprinkle of chilli flakes.*

Per serve: **PROTEIN** 27g **TOTAL FAT** 50g **CARBOHYDRATES** 124g

## FROM YOUR BOX

SPRING ONIONS	2
RED CAPSICUM	1/2 *
CELERY STALK	1
CARROT	1
CHERRY TOMATOES	1/2 bag (100g) *
TINNED KIDNEY BEANS	400g
AVOCADO	1
CORIANDER	1/2 packet *
ROCKET	1/2 bag (60g) *
TOTOPOS CHIPS	1 bag

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground coriander, cumin, apple cider vinegar, stock cube (1)

## KEY UTENSILS

large frypan

## NOTES

You can save some of the spring onions to use as a fresh garnish.



### 1. PREPARE THE VEGETABLES

Slice the spring onions into 4cm pieces (see notes). Dice capsicum, celery and carrot, halve tomatoes.



### 2. SAUTÉ THE VEGETABLES

Heat a frypan with **2 tbsp oil** over medium-high heat. Add vegetables to pan along with **1/2 tbsp ground coriander** and **2 tsp cumin**. Stir and cook for 2-3 minutes.



### 3. ADD IN BEANS

Add beans (with liquid) to pan along with **1 tin (400ml) water**. Crumble in **1 stock cube**. Simmer for 10-15 minutes. Season with **salt and pepper**.



### 4. MAKE FRESH TOPPING

Dice avocado and roughly chop coriander. Place in a bowl with rocket. Whisk together **1 tbsp olive oil**, **1/2 tbsp apple cider vinegar**, **salt and pepper**. Toss all together.



### 5. FINISH AND PLATE

Divide stew and topping among bowls. Serve with Totopos chips.

**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](mailto:hello@dinnertwist.com.au)

