



Product Spotlight: La Tortilla

La Tortilla uses only 2 ingredients to make their corn tortillas – premium Western Australian corn and water.

The result is a gluten-free, vegan-friendly, preservative-free, healthy bread alternative with a delicious rich nutty flavour.



Red Chile Tostadas with Crispy Fried Eggs

Crispy corn tortillas served with flavourful beans, crispy fried eggs, fresh avocado, coleslaw and pickled onion.



25 minutes



4 servings



Vegetarian

29 September 2023

Spice it up!

To spice it up, serve this dish with your favourite hot sauce, a sprinkle of dried chilli, slices of fresh red chilli or jalapeño!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	27g	97g

FROM YOUR BOX

RED ONION	1
TOMATO PASTE	1 sachet
TINNED BEANS	2 x 400g
AVOCADOS	2
CORIANDER	1 packet
COLESLAW	1 bag (450g)
CORN TORTILLAS	12-pack
FREE-RANGE EGGS	6-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, sugar (of choice), smoked paprika, ground coriander

KEY UTENSILS

large frypan x 2

NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

To use less oil, add tortillas to a dry frypan and warm according to packet instructions.



1. PICKLE THE ONION

In a non-metallic bowl (see notes), whisk together **3 tbsp vinegar**, **1 1/2 tbsp water**, **1 tsp salt** and **1 tsp sugar**. Thinly slice and add 1/4 red onion to pickle. Set aside.



2. COOK THE BEANS

Heat a large pan with **oil** over medium heat. Slice and add remaining onion and cook for 3 minutes. Stir in tomato paste, **2 tsp paprika**, **2 tsp coriander**, **salt and pepper**. Pour in beans (including liquid) and **1/2 tin water**. Simmer for 5 minutes, take off heat.



3. PREPARE SLAW & GARNISH

Mash 1 avocado with finely chopped coriander stems, **2-3 tbsp vinegar**, **1 tbsp olive oil**, **salt and pepper** in a large bowl. Toss in coleslaw to coat.

Slice remaining avocado and set aside with coriander leaves.



4. CRISP THE TORTILLAS

Heat a second frypan over medium-high heat with **oil** to coat base of pan (see notes). Add tortillas, in batches, and cook for 2-3 minutes each side until tortillas are crisp. Remove to a plate and keep pan over heat for step 5.



5. COOK THE EGGS

Add extra **oil** to reserved frypan if necessary. Crack eggs into pan and cook to your liking.



6. FINISH AND SERVE

Divide tortillas among plates. Top with beans and egg. Serve with coleslaw and avocado slices. Garnish with coriander and pickled onion.



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