



Product Spotlight: Corn Tortillas

La Tortilla uses whole corn kernels to make their tortillas; this gives a more natural corn flavour.



Field Mushroom Fajitas with Spiced Bean Dip

Tray-baked field mushrooms, capsicum and onion, tossed with Mexican spices, served with fresh tomato and jalapeño salsa, spiced bean dip and corn tortillas.



25 minutes



2 servings



Plant-Based

16 June 2023

Switch it up!

You can add some fresh coriander to the salsa if you have some! If you don't feel like making the bean dip, add the drained beans to the tray bake instead. Add some guacamole or avocado if desired.

Per serve: **PROTEIN** 36g **TOTAL FAT** 9g **CARBOHYDRATES** 101g

FROM YOUR BOX

FIELD MUSHROOMS	200g
GREEN CAPSICUM	1
SHALLOT	1
TOMATO	1
JALAPENO	1
LIME	1
TINNED MIXED BEANS	400g
CORN TORTILLAS	8-pack

FROM YOUR PANTRY

olive oil, salt, pepper, red wine vinegar, smoked paprika, ground cumin, baking paper (optional)

KEY UTENSILS

oven tray, stick mixer or blender, small saucepan

NOTES

You can cook the tortillas for 30 seconds each side in a dry frypan over medium-high heat if preferred. Wrap them in a clean tea towel to keep warm.



1. ROAST THE FAJITA VEGGIES

Set oven to 220°C.

Thickly slice mushrooms. Slice capsicum and shallot. Toss on a lined oven tray with **1/2 tbsp paprika, 1/2 tbsp cumin, olive oil, salt and pepper**. Roast for 20 minutes until cooked through.



2. MAKE THE SALSA

Deseed and dice tomato and jalapeño. Combine with juice from 1/2 lime (wedge remaining), **1/2 tbsp olive oil, salt and pepper**.



3. WARM THE BEANS

Drain and add beans to a small saucepan over medium-high heat. Add **1 tbsp cumin** and **1 tbsp water**. Cook for 5 minutes until heated through.



4. BLEND THE BEANS

Use a stick mixer to blend the beans with **1 1/2 tbsp vinegar** until smooth. Season to taste with **salt and pepper**. Set aside.



5. WARM THE TORTILLAS

Wrap tortillas in **baking paper** (see notes). Place in oven for 5 minutes to warm through.



6. FINISH AND SERVE

Serve tray baked vegetables with bean dip, salsa, lime wedges and tortillas at the table for assembling.



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