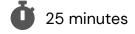




Mixed Bean and Avocado Bowl

with Aglio Olio Toasts

Garlic-flavoured, sliced pizza toasts with lightly spiced mixed beans. Served with minted coconut yoghurt and fresh vegetables for a simple and quick dinner.







Spice it up!

Instead of cumin seeds and coriander, you could use a pre-mixed spice like Moroccan, Cajun, or your favourite curry powder to flavour the beans.

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

MINT	1 packet
COCONUT YOGHURT	1 tub
AVOCADO	1
TOMATOES	2
LEBANESE CUCUMBER	1
GARLIC CLOVES	2
GF PIZZA BASE	1
TINNED MIXED BEANS	400g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cumin seeds, ground coriander, red wine vinegar

KEY UTENSILS

frypan, oven tray

NOTES

Add a little tomato sugo or pizza sauce to taste if you would like a little more flavour. You could even add a little cheese.



1. MAKE THE SAUCE

Set oven to 200°C.

Chop mint leaves (keep a couple for garnish) and add to a bowl with yoghurt, 1 tsp coriander, 1 tsp vinegar, 1/2 tbsp olive oil, salt and pepper. Whisk together.



2. PREPARE THE FRESH SALAD

Halve and slice avocado, dice tomatoes and roughly slice cucumber. Keep separate on a plate.



3. MAKE THE GARLIC PIZZAS

Crush 1 garlic clove and mix with 1 tbsp olive oil, 1/2 tsp cumin seeds, salt and pepper (see notes). Place pizza on a lined oven tray and spread with oil mixture. Cook for 5 minutes or until golden and crispy.



4. COOK THE BEANS

Drain and rinse beans. Heat a frypan over medium-high heat with oil. Crush 1 clove garlic and add to pan with 1 tsp cumin seeds and 1 tsp coriander. Add beans and cook for 3-4 minutes. Season with 1/2 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper.



5. FINISH AND SERVE

Cut pizza into pieces.

Divide beans among bowls. Add fresh ingredients and pizza slices. Drizzle with sauce to taste and garnish with reserved mint leaves.





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