



### Product Spotlight: Tomatoes

Did you know tomatoes are considered an everyday superfruit? Naturally high in lycopene, they may protect your DNA from damage, which, in turn, helps prevent various cancers.



## 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.



25 minutes



2 servings



Plant-Based

30 December 2022

### 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.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	15g	41g	63g

## 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**

