



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



4 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:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	38g	58g

FROM YOUR BOX

MINT	1 packet
COCONUT YOGHURT	1 tub
AVOCADOS	2
TOMATOES	2
LEBANESE CUCUMBERS	2
GARLIC CLOVES	3
GF PIZZA BASES	2-pack
TINNED MIXED BEANS	2 x 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, 2 tsp vinegar, 1 tbsp olive oil, salt and pepper**. Whisk together.



2. PREPARE THE FRESH SALAD

Halve and slice avocados, dice tomatoes and roughly slice cucumbers. Keep separate on a plate.



3. MAKE THE GARLIC PIZZAS

Crush 1 garlic clove and mix with **2 tbsp olive oil, 1 tsp cumin seeds, salt and pepper** (see notes). Place pizzas 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 2 cloves garlic and add to pan with **2 tsp cumin seeds** and **2 tsp coriander**. Add beans and cook for 3-4 minutes. Season with **1 tbsp olive oil, 1 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**

