



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Corn Tortillas


Traditional authentic Mexican corn tortillas baked in Australia using local ingredients! La Tortilleria is passionate about sustainable, healthy eating which fits perfectly with Dinner Twist.



## 3 Mexican Bean Hot Pot with Tortillas

A hearty hot pot stew with sweet diced pumpkin, black beans and zucchini, served with fresh toppings and corn tortillas to mop it up.

 30 minutes

 2 servings

 Plant-Based

3 August 2020

*Spice it up!*

*Add some ground coriander, ground chilli or dried oregano to the hot pot for added depth of flavour. Serve with fresh coriander or sliced chilli on top if desired.*

Per serve: **PROTEIN** 22g **TOTAL FAT** 13g **CARBOHYDRATES** 129g

## FROM YOUR BOX

ZUCCHINI	1/2 *
GREEN CAPSICUM	1/2 *
DICED PUMPKIN	1 bag (500g)
BLACK BEANS	400g
CHOPPED TOMATOES	400g
AVOCADO	1
LIME	1
CONTINENTAL CUCUMBER	1/3 *
CHIVES	1/2 bunch *
CORN TORTILLAS	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin, smoked paprika, tomato paste

## KEY UTENSILS

large frypan with lid, small frypan

## NOTES

Keep the tortillas warm by wrapping in a clean tea towel. Cut them into quarters if preferred.



### 1. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **oil**. Dice zucchini and capsicum. Add to pan along with pumpkin, **1/2 tbsp paprika**, **1/2 tbsp cumin** and **1/2 tbsp tomato paste**.



### 2. ADD BEANS & SIMMER

Drain and add beans along with chopped tomatoes and **2 cups water**. Cover and simmer for 15 minutes until pumpkin is tender. Season with **salt and pepper**.



### 3. MAKE THE GUACAMOLE

Mash the avocado together with 1/2 the lime zest and juice. Set aside.



### 4. PREPARE THE TOPPINGS

Wedge remaining lime. Dice cucumber and slice chives. Set aside.



### 5. COOK THE TORTILLAS

Warm tortillas in a dry frypan according to packet instructions. Keep warm until serving (see notes).



### 6. FINISH AND PLATE

Divide hot pot among bowls, top with guacamole and toppings. Serve with tortillas on the side.

**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**

