



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**

