



Product Spotlight: Kidney Beans

Most bean varieties grow as a climbing plant. Native Americans taught colonists to grow beans alongside corn so that the bean plants could climb the corn stalks.



Mexican Bean Pie

with Corn Bread Crumb

A warming kidney bean pie, packed with vegetables and flavoured with custom blend Mexican spice mix, topped with corn bread and baked to crispy perfection, served with avocado and lime sour cream.



30 minutes



4 servings



Vegetarian

Spice it up!

To spice it up, serve this dish with your favourite hot sauce, a sprinkle of dried chilli flakes or slices of fresh jalapeño!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	29g	147g

FROM YOUR BOX

SPRING ONIONS	1 bunch
GARLIC CLOVES	2
YELLOW CAPSICUM	1
CORN COB	1
KIDNEY BEANS	2 x 400g
TOMATO SALSA	1 jar
TOMATO PASTE	1 sachet
CORNBREAD MIX	1 packet
LIME	1
SOUR CREAM	1 tub
AVOCADOS	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, smoked paprika, ground cumin

KEY UTENSILS

oven-proof frypan (see notes)

NOTES

If you don't have an oven-proof frypan, transfer the filling to an oven dish at step 4 and top with cornbread mix to bake.

Use milk and melted butter instead of water and olive oil if desired. Using milk and butter will produce a softer texture and a richer-tasting cornbread.

Cornbread Mix: instant polenta, bi carb soda.



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1. PREPARE THE INGREDIENTS

Set oven to 220°C.

Thinly slice **spring onions** (reserve green tops for step 5). Crush **garlic** cloves, dice **capsicum** and remove **corn** kernels from cob. Drain and rinse **kidney beans**.



4. MAKE CORNBREAD & BAKE

Add **cornbread mix** and 1/2 reserved spring onions to a large bowl. Pour in **1 1/4 cup water**, **1/4 cup olive oil** and **1 tbsp vinegar** (see notes). Season with **salt and pepper** and mix well to combine.

Use clean hands to crumble cornbread evenly over the pie filling. Drizzle with **oil** and bake for 10-15 minutes until top is golden and crispy.



2. SAUTÉ THE VEGETABLES

Heat oven-proof frypan over medium-high heat with **oil**. Add prepared vegetables (minus kidney beans), **1 tbsp cumin** and **3 tbsp paprika**. Sauté for 5 minutes until vegetables have softened.



5. PREPARE THE TOPPINGS

Add **lime** zest, juice from **1/2 lime** (wedge remaining) and **sour cream** to a bowl. Mix to combine.

Slice **avocados**.



3. SIMMER THE FILLING

Add kidney beans, **salsa**, **tomato paste** and **1 cup water**. Simmer for 8-10 minutes until vegetables are tender.



6. FINISH AND SERVE

Top pie with avocado and garnish with remaining spring onion green tops. Serve tableside along with sour cream and lime wedges.

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