



Spice it up!

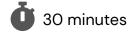
made here in WA.

For added depth of flavour, add some smoked paprika or a little cayenne pepper to the beans as they cook. Finish the dish with a squeeze of fresh lime if you have some!

Bean Rancheros

with Green Goddess Sauce

A plate of festive colours! Authentic corn tortillas topped with Mexican spiced beans, all the fresh trimmings and a drizzle of green goddess sauce.



21 September 2020





TOTAL FAT CARBOHYDRATES PROTEIN

139g

FROM YOUR BOX

ТОМАТО	1
GREEN CAPSICUM	1
CORIANDER	1/2 packet *
AVOCADO	1
SPRING ONIONS	1/4 bunch *
MIXED BEANS	400g
GREEN GODDESS SAUCE	1 bottle
TOMATO PASTE	1/2 sachet *
CORN TORTILLAS	8 pack

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin

KEY UTENSILS

large frypan, frypan

NOTES

The green goddess sauce is spicy so if you are sensitive to spice, taste a little first and use accordingly.



1. PREPARE THE TOPPINGS

Dice tomato and capsicum (reserve 1/2). Chop coriander and slice avocado. Set aside.



2. COOK THE BEANS

Slice spring onions. Drain and rinse beans. Add to frypan over medium-high heat with oil. Add 1/2 of the diced capsicum. Stir in 1 tbsp green goddess sauce (see notes), 1/2 sachet tomato paste, 1 tbsp cumin and 1/2 cup water. Simmer for 10 minutes then season with salt and pepper.



3. COOK THE TORTILLAS

Meanwhile, heat a second pan over medium heat and cook tortillas according to packet instructions. Keep warm in a clean tea towel.



4. FINISH AND PLATE

Divide tortillas among plates. Top with beans and fresh toppings. Drizzle with green goddess sauce to taste.



