



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Avocado

Did you know that avocado is a fruit?
Just 1/3 of an avocado contains
twenty different vitamins and
minerals! It is the only fruit to contain
heart healthy monounsaturated fat...
good fat!



4 Mexican Bean Stew with Totopos Chips

A hearty and wholesome bean stew with mild spices of cumin and coriander, served with crunchy Totopos chips and topped with creamy avocado.

 30 mins

 2 servings

 Plant-Based

2 April 2021

Spice the Dish!

*You can add extra vegetables to stretch the dish out - corn and zucchini work well!
For a little heat, try serving the stew with fresh chilli or a sprinkle of chilli flakes.*

Per serve: **PROTEIN** 27g **TOTAL FAT** 50g **CARBOHYDRATES** 124g

FROM YOUR BOX

SPRING ONIONS	2
RED CAPSICUM	1/2 *
CELERY STALK	1
CARROT	1
CHERRY TOMATOES	1/2 bag (100g) *
TINNED KIDNEY BEANS	400g
AVOCADO	1
CORIANDER	1/2 packet *
ROCKET	1/2 bag (60g) *
TOTOPOS CHIPS	1 bag

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground coriander, cumin, apple cider vinegar, stock cube (1)

KEY UTENSILS

large frypan

NOTES

You can save some of the spring onions to use as a fresh garnish.



1. PREPARE THE VEGETABLES

Slice the spring onions into 4cm pieces (see notes). Dice capsicum, celery and carrot, halve tomatoes.



2. SAUTÉ THE VEGETABLES

Heat a frypan with **2 tbsp oil** over medium-high heat. Add vegetables to pan along with **1/2 tbsp ground coriander** and **2 tsp cumin**. Stir and cook for 2-3 minutes.



3. ADD IN BEANS

Add beans (with liquid) to pan along with **1 tin (400ml) water**. Crumble in **1 stock cube**. Simmer for 10-15 minutes. Season with **salt and pepper**.



4. MAKE FRESH TOPPING

Dice avocado and roughly chop coriander. Place in a bowl with rocket. Whisk together **1 tbsp olive oil**, **1/2 tbsp apple cider vinegar**, **salt and pepper**. Toss all together.



5. FINISH AND PLATE

Divide stew and topping among bowls. Serve with Totopos chips.

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

