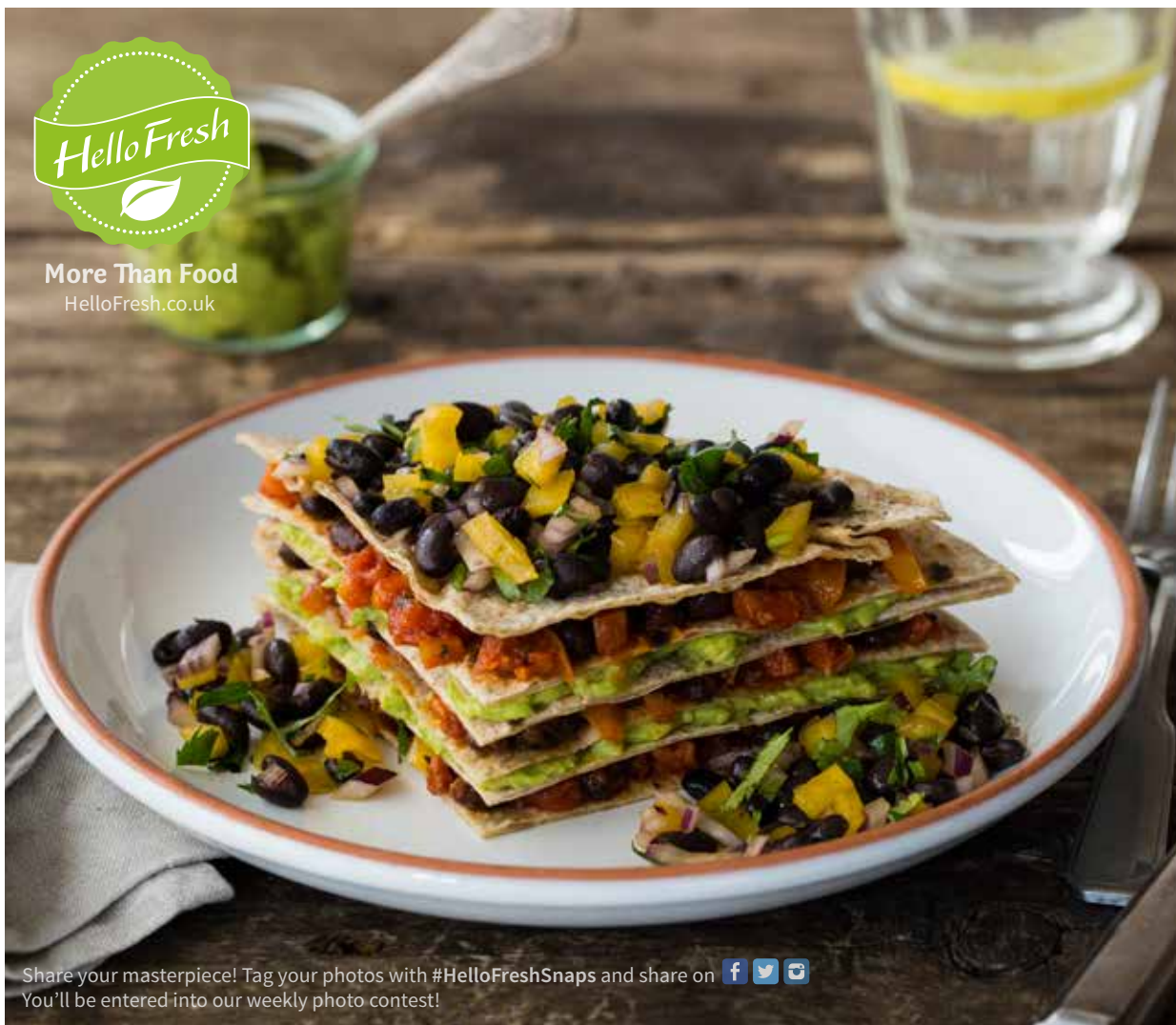




More Than Food
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Mexican Tortilla Stack with Guacamole and Black Bean Salsa

Head Chef Patrick doesn't like fuss. He's always telling us that the best kind of food is simple, soulful grub that makes you feel loved. That said, every dinner is a chance to practise your presentation skills. Bigger plates are a great way of framing your food and a sprinkle of herbs or a drizzle of olive oil at the end gives everything a bit more pizzazz. For this recipe, we took classic Mexican ingredients and played with the presentation to create something that's as tasty to the eye as it is on the tongue. Arriba!



30 mins



spicy



lactose
free



Red Onion (1)



Coriander (3 tbsp)



Organic Black Beans
(1 tin)



Yellow Pepper (1)



Chorizo (1 pack)



Organic Chopped
Tomatoes (1 tin)



Mexican Spice
(½ tbsp)



Avocado (1)



Lime (½)




Corn Tortilla (4)

Ingredients

2 PEOPLE ALLERGENS

Red Onion, chopped	1	
Coriander, chopped	3 tbsp	
Organic Black Beans	1 tin	
Yellow Pepper, chopped	1	
Chorizo	1 pack	Sulphites
Organic Chopped Tomatoes	1 tin	
Mexican Spice	½ tbsp	
Avocado	1	
Lime	½	
Corn Tortilla	4	Gluten

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Also known as, 'butter fruit' avocados are packed with healthy omega 3 fats!

Nutrition per serving: Calories: 676 kcal | Protein: 36 g | Carbs: 90 g | Fat: 18 g | Saturated Fat: 5 g

1



1 Peel and finely chop the **onion** and roughly chop the **coriander**. Drain and thoroughly rinse the **black beans**. Slice the **pepper** into thin matchsticks (discard the core). Cut across the matchsticks to create very small cubes of **pepper**.

3



2 Heat ½ tbsp of **olive oil** in a non-stick frying pan on medium heat. Once hot, add in the **chorizo**, all but 1 tbsp of the **onion** and half the **pepper** and cook for 4 mins. Add in the **chopped tomatoes** and stir in the **Mexican spice**. Stir in ½ tsp of **sugar** (if you have some) and a pinch of **salt** and **pepper**.

5



3 To make the guacamole, slice lengthways into the **avocado** until you reach the stone in the middle. Slide the knife around the stone and pull it apart - you should have two neat halves. Remove the stone and scoop out the flesh (scrape the inside of the skin to get that fantastic green colour).

6



4 Mash the **avocado** with a fork until it has a nice, spreadable consistency. Add a pinch of **salt** and **pepper** with a little squeeze of **lime juice**. Mix in 1 tbsp of the chopped **coriander**. Taste for seasoning and add more **lime juice** and **salt** if needed.

5 Mix half the **black beans** into the tomato sauce. Once the tomato sauce has thickened up (about 10 mins), turn off the heat. Once off the heat, stir in ½ tbsp of the chopped **coriander**. **Tip:** *The water in the sauce should have disappeared, leaving a nice, chunky salsa.*

6 Mix the remaining **black beans** with the remaining chopped **pepper**. Stir in ½ tbsp of chopped **coriander** and the remaining chopped **onion**. Squeeze over a bit of **lime juice** and stir in 1 tbsp of **olive oil**. Season with a pinch of **salt** and **pepper**.

7 Stick the **tortillas** in the oven on 100 degrees for a few mins to warm up. Cut the **tortillas** into quarters. Lay a quarter on each plate and cover with a spoonful of salsa.

8 Lay on another quarter of the **tortilla** and spread on a thin layer of guacamole. Keep layering the **tortilla**, salsa and guacamole. Finally spoon the **black bean** mixture and any remaining **coriander** over the top of each stack. ¡Andale!