






Cooking Made Easy

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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 to the tongue. Arriba!



30 min



lactose free



spicy



veggie



Red Onion



Coriander



Organic Black Beans



Yellow Pepper



Organic Chopped Tomatoes



Mexican Spice



Avocado



Lime



Wholemeal Tortilla

## Ingredients

	2P	4P
Red Onion, diced	½	1
Coriander, chopped	3 tbsp	5 tbsp
Organic Black Beans	1 tin	2 tins
Yellow Pepper, cubed	1	2
Organic Chopped Tomatoes	1 tin	2 tins
Mexican Spice	1 tsp	2 tsp
Avocado	1	2
Lime	½	1
Wholemeal Tortilla <b>1</b>	4	8

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Gluten

**Nutrition per serving:** Calories: 718 kcal | Protein: 32 g | Carbs: 86 g | Fat: 27 g | Saturated Fat: 13 g

1



**1** Peel and finely dice 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 pan on medium heat. Once hot, add all but 1 tbsp of the onion and half the pepper and cook for 4 mins. Add in the tinned 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** 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. 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 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 1 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 diced pepper. Stir in 1 tbsp of the chopped coriander and the remaining tbsp of diced 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 minutes to warm up. Cut the tortillas into quarters. Lay a quarter on each plate and cover in 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. **Ándale!**

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!