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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!

 35 mins

 spicy

 vegan

 lactose free



Red Onion (½)



Coriander (3 tbsps)



Organic Black Beans  
(1 tin)



Yellow Pepper  
(1)



Organic Chopped  
Tomatoes (1 tin)



Mexican Spice  
(1½ tsp)



Avocado  
(1)



Lime  
(½)



Corn Tortilla  
(4)

## Ingredients

2 PEOPLE

ALLERGENS

Red Onion, chopped	½	
Coriander, chopped	3 tbsp	
Organic Black Beans	1 tin	
Yellow Pepper, chopped	1	
Organic Chopped Tomatoes	1 tin	
Mexican Spice	1½ tsp	
Avocado	1	
Lime	½	
Corn Tortilla	4	Gluten

🧼 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Black beans are rich in fibre, potassium, folate and vitamin B6.

**Nutrition per serving:** Calories: 659 kcal | Protein: 27 g | Carbs: 93 g | Fat: 20 g | Saturated Fat: 4 g

1



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

3



**2** Heat 1 tsp of **olive oil** in a non-stick frying 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 **chopped tomatoes** and stir in the **Mexican spice**. Stir in ½ tsp of **sugar** (if you have some) and a pinch of **salt** and **black pepper**.

**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. Take out the stones then scoop out the flesh (scrape the inside of the skin to get that fantastic green colour).

5



**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



**6** Mix the remaining **black beans** with the remaining chopped **pepper**. Stir in 1 tbsp of the 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 **black pepper**.

**7** Stick the **tortillas** in your oven on 100 degrees for a few minutes 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 your 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!