



STAR RECIPE: FRIED BEAN CHILLI AND TORTILLA CHIPS (Serves 4)

This recipe is from the Week 2 Menu and the allergen groups are noted in red: **Gluten, Milk**

Ingredients

Mixed beans – 2 tins	1 onion – chopped
Fresh ginger – thumb sized piece	Garlic – 1 tablespoon
Fresh coriander – 1 handful	Cumin powder – 1 teaspoon
Tomato puree – 1 tablespoon	Chopped tomatoes – 1 tin
Fresh lime – juiced	Tortilla wraps – 1 packet
Cheddar Cheese – a few handfuls	Yoghurt – one tub
Vegetable oil	

Method

For the chilli

In a pan add a little oil and sauté the onions, garlic and ginger.
After 3 minutes add the mixed beans and spices and fry for 4 minutes.
Add the tin of chopped tomatoes and tomato puree and leave to simmer for 20 minutes.
Remove from the heat and add the lime juice and coriander.
Season to taste.

For the tortilla chips

Preheat the oven 180 degrees Celsius, cut the tortilla chips into triangles and bake for 8-10 minutes until golden and crisp.
Once cooked take out of the oven and leave to cool.

To serve

Plate the tortilla chips in a serving dish, add the chilli and sprinkle the grated Cheddar cheese. Serve with yoghurt and enjoy 😊

