







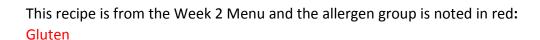




## **STAR RECIPE: BEAN CHILLI WITH TORTILLA CHIPS**

(Serves 6-8)









1 large onion - chopped	Ginger - thumb sized piece - grated
2 cloves of garlic – chopped	Handful of fresh coriander - chopped
2tsp cumin	2 large tortilla wraps
Pinch of black pepper	500g kidney beans
250g chopped tomatoes	2tsp fajita spice
Juice from 1 fresh lime, 1 tsp	







## Method

- 1. Preheat the oven to 180 degrees.
- 2. When the oven is hot, cut the tortilla wraps into triangles, lay them on a flat baking tray and bake for 5-7 minutes or until crisp.
- 3. Sautee the onions on a medium heat for 5 minutes adding the ginger, garlic, cumin and fajita spice.
- 4. Add the chopped tomatoes and black pepper and cook down for 20 minutes.
- 5. Stir in the kidney beans, fresh coriander and lime juice.
- 6. Remove from the heat, place on a plate or serving dish. Serve with sour cream and cheddar cheese and enjoy (3)















