



STAR RECIPE: BEAN CHILLI WITH TORTILLA CHIPS (Serves 6-8)

This recipe is from the Week 2 Menu and the allergen group is noted in red:
Gluten

Ingredients

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 😊