

MEXICAN FEAST



Bean Tostadas with guacamole and salsa

- 2 tbsp olive oil
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- 1 tbsp cumin
- 1 tbsp smoked paprika
- 1 tsp dried oregano
- 400g red kidney beans, drained
- 400g black beans, drained
- 200ml passata
- 6 small corn tortillas

Guacamole

- 1 ripe avocado, peeled, deseeded and chopped
- 2 spring onions, sliced
- juice of 1 lime
- 1 bunch of coriander
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Tomato Salsa

- 4 ripe tomatoes, chopped
- 1/2 red onion, finely chopped
- 1 green chilli, deseeded and finely chopped
- salt and freshly ground pepper
- sour cream to serve

1. Preheat the oven to 200 degrees.

2. Heat half the olive oil in a pan. Add the onions and cook until soft and brown. Add the garlic and cook for 2 minutes. Stir in the cumin, paprika and oregano before adding the beans and passata. Season well with salt and pepper and reduce the heat and cook for 5 minutes on simmer.

3. Brush the remaining olive oil onto the tortillas. Place the tortillas in the oven for around 8 minutes or until crisp.

4. Mix the avocado, spring onions and lime together in a bowl. Season with salt and pepper. Chop half the coriander and mix it into the guacamole.

5. Mix the tomato, red onion and green chilli together and season with salt and pepper.

6. Mash the beans with the back of a spoon and then spread onto the tortillas. Top with a little guacamole, tomato salsa, sour cream and the remaining coriander.