



Black Bean and Avocado Loaded Tortillas

with Greek style cheese and DIY zesty chilli dip

Veggie Quick Cook 20-25 mins • Optional spice

8



Greek Style Cheese



Black Beans



Tortilla



Avocado



Lemon



Sesame Seeds



Dried Chilli Flakes



Tomato



Salad Leaves



Ground Cumin



Pantry Items: Salt, Pepper, Oil, Sugar

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Sieve, zester

Ingredients

	2P	4P
Greek Style Cheese	100 g	200 g
Black Beans	2 packs	4 packs
Tortilla	8 units	16 units
Avocado	1 unit	2 units
Lemon	1 unit	2 units
Sesame Seeds	½ sachet	1 sachet
Dried Chilli Flakes	2 sachets	4 sachets
Tomato	2 units	4 units
Salad Leaves	40 g	80 g
Ground Cumin	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	799.3 g	100 g
Energy (kJ/kcal)	4355.5 kJ/ 1041 kcal	544.9 kJ/ 130.2 kcal
Fat (g)	41.3 g	5.2 g
Sat. Fat (g)	17 g	2.1 g
Carbohydrate (g)	108.2 g	13.5 g
Sugars (g)	9.3 g	1.2 g
Protein (g)	40.4 g	5.1 g
Salt (g)	4.3 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Get Prepped

- Preheat the oven (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **black beans** in a sieve.
- Zest and juice the **lemon**.
- Halve and thinly slice the **tomato**.
- In a small bowl, mix together 1 tbsp **sugar** (double for 4p), **lemon zest**, **lemon juice** and **chilli flakes** (use less if you don't like spice). Season to taste with **salt** and **pepper**.

TIP: If you want to avoid turning on your oven, you can dry-fry the tortillas in a pan instead.



Top Your Tortillas

- Serve the salad, **bean** mixture, **avocado**, remaining **cheese**, remaining **tomato** slices and **sesame seeds** in separate bowls.
- Plate up the warmed **tortillas** and allow everyone to top their own at the table.
- Finish with a drizzle of the zesty **chilli** sauce.

Enjoy!



Fry the Filling

- Place a pan over medium-high heat (without oil).
- Toast **half** the **sesame seeds** (double for 4p) until golden brown, 2-3 mins. Once toasted, remove from the pan and set aside.
- Return the pan to medium-high heat with a drizzle of **oil**.
- Fry the **cumin** and **half** the **beans** until fragrant, 2-3 mins. Crumble in **half** the **cheese** and mash the **beans** and **cheese** together with a fork.
- Stir in the remaining **beans** and season to taste with **salt** and **pepper**.



Finishing Touches

- Meanwhile, crumble the remaining **Greek style cheese**.
- Halve the **avocado** and remove the pit. Cut the **avocado** into chunks (while still in its skin). Use a spoon to scoop the flesh into a serving bowl.
- Pop the **tortillas** into the oven to warm, 1-2 mins.
- In a salad bowl, mix the **salad leaves** with **half** the **tomato** slices.
- Drizzle with **oil** and season to taste with **salt** and **pepper**.