



FRIJOLES & PICO DE GALLO

SERVES

4

INGREDIENTS	METHOD
<p><i>Frijoles:</i></p> <ul style="list-style-type: none">1 tablespoon olive oil1 red onion, diced1 clove garlic, crushed1 teaspoon smoked sweet paprika2 coloured capsicums, diced1 zucchini, diced8 button mushrooms, diced1 can chopped tinned tomatoes2 tablespoons smoky chipotle sauce1 tin Four Bean Mix, drained <p><i>Pico De Gallo:</i></p> <ul style="list-style-type: none">2 ripe red tomatoes, seeds removed and finely diced1 small onion, very finely diced2-3 slices jalapeno, finely diced¼-½ cup chopped Coriander, lime juice & salt to taste <p><i>Lime Crema:</i></p> <ul style="list-style-type: none">1 cup sour cream1 small garlic clove, smashed into a paste¼ cup lime juice + zest of 1 lime	<p>Serve with Tostitos Rounds Mild Mexican Salsa tortilla chips and shredded lettuce.</p> <p>Heat the olive oil in a large heavy-based saucepan and sauté the red onion, garlic, paprika, capsicum, zucchini and mushrooms for 4-5 minutes until just starting to colour and soften. Add the tinned tomatoes, chipotle sauce and drained beans and simmer for 4-5 minutes until the vegetables are just tender and the juices thickened and saucy. Season to taste.</p> <p>Combine the tomato, onion and jalapeno then add chopped coriander, lime juice and salt to taste.</p> <p>Combine the sour cream, garlic, lime juice and zest and mix well.</p> <p>Serve the frijoles with Tostitos Rounds tortilla chips and top with the pico de gallo and drizzle over the lime crema.</p> <p>TIP: ADD SHREDDED CHICKEN OR PRAWNS TO THIS FLAVOURFUL VEGGIE DISH.</p>