



## **MEXICAN**

### **Nacho Beans (or wraps)** (The Healthy Chef)

Serves 6

#### **Ingredients:**

2 onions, chopped  
1 clove garlic, smashed  
1 red chilli, seeded and chopped (optional)  
1 red capsicum, chopped  
1 teaspoon ground cumin powder  
1 teaspoon smoked paprika  
1 bunch coriander  
1 tablespoon grated ginger  
100g sweet corn kernels  
1 x 400g tin black beans or red kidney beans  
2 x 400g tin diced tomatoes  
2 tablespoons tomato paste  
Black pepper  
1 avocado  
Corn chips OR wraps/tortillas  
Natural yoghurt to serve

#### **Method:**

1. Saute the onion, garlic, ginger, chilli, capsicum, chopped coriander stalk, and sweet corn for about 5 minutes in a large pot until softened.
2. Add the cumin powder, tomato paste, crushed tomato and beans.
3. Simmer over a medium – low heat for 20 minutes until thick and rich.
4. Season with plenty of black pepper and stir through coriander leaves.
5. Serve topped with avocado and a dollop of natural yoghurt

#### **Note:**

This mix can either be served on top of corn chips, nacho style, OR in wraps – tortilla style. If serving in wraps, serve ‘help yourself’ style with bowls of chopped fresh tomato, grated cheese, and shredded lettuce. Place some nacho mix in your wrap, top with cheese, lettuce and tomato, fold it (or wrap it) up and enjoy!

Leftover Nacho mix can be frozen.

## **Chicken Fajitas** (Jamie Oliver)

Serves 2

### **Ingredients:**

1 red capsicum  
1 medium red onion  
1 skinless, boneless chicken breast  
1 teaspoon smoked paprika  
1 small pinch of ground cumin  
2 limes  
Olive oil  
Freshly ground black pepper  
4 small flour tortillas, or 2 large  
150 ml good quality fat-free natural yoghurt  
50 g Cheddar cheese

### **For the salsa**

½ - 1 fresh red chilli, to your taste  
15 ripe cherry tomatoes  
1 small bunch fresh coriander  
sea salt  
freshly ground black pepper  
1 lime  
extra virgin olive oil

### **For the guacamole**

1 small handful of mixed-colour cherry tomatoes  
½ -1 fresh red chilli  
a few sprigs of fresh coriander  
1 ripe avocado  
1 lime

### **Method:**

1. Put your griddle pan (or wok, or pan) on a high heat. Halve and deseed your capsicum and cut it into thin strips. Peel, halve, and finely slice your onion. Slice your chicken lengthways into long strips roughly the same size as your pepper strips.
2. Put the peppers, onion, and chicken into a bowl with the paprika and cumin. Squeeze over the juice of half a lime, drizzle over a lug of olive oil, season with a good pinch of pepper and mix well. Put to one side to marinate for 5 minutes or so while you make your salsa.
3. Finely chop your chilli. Roughly chop your tomatoes and the coriander, stalks and all. Put the chilli and tomatoes into a second bowl with the salt and pepper and the juice of 1 lime, then stir in your chopped coriander.

4. Use a pair of tongs to put all the pieces of pepper, onion, and chicken into your preheated pan to cook for 6 to 8 minutes until the chicken is golden and cooked through. As the pan will be really hot, keep turning the pieces of chicken and vegetables over so they don't burn – you just want them to lightly chargrill to give you a lovely flavour. Give the pan a little love and attention and you'll be laughing.
5. To make the guacamole, squeeze a handful of cherry tomatoes onto a board. Finely chop up the flesh with ½ -1 red chilli and a handful of coriander leaves, including the top part of the stalks.
6. Halve and stone the avocado, then squeeze it over a board so the flesh comes out of the skin. Discard the skin. Squeeze over the lime juice and chop everything together until fine. Taste and adjust the flavours, if needed.
7. Warm your tortillas up in a microwave or a warm dry frying pan. Divide your warmed tortillas between your serving plates. Halve your remaining lime and squeeze the juices over the sizzling pan.
8. At the table, carefully help yourselves to the chicken and vegetables straight from the hot grill pan. Just be sure to put it down on top of something that won't burn, like a chopping board. Serve with bowls of natural yogurt and guacamole alongside your Cheddar, a grater, and your lovely fresh salsa.