

Mexican (Tortillas, Chili and Guac)

INGREDIENTS

Tortillas de Harina (Flour Tortillas)

Makes about 5 Tortillas

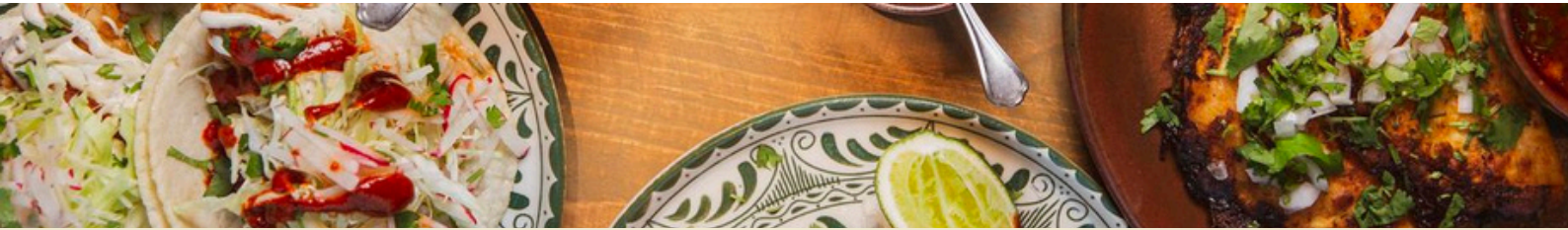
- 1/2 cup of wholemeal flour
- 1 teaspoon of sea salt
- 2 tablespoons coconut oil, melted
- ½ to 1 cup lukewarm water

Vegan Chili

- 1 carrot, peeled and grated
- 1 400g can kidney beans
- 1 400g can chopped tomatoes
- 2 tbsp olive oil
- 1 small onion, chopped
- 1 cup red lentils
- ½ Litre water with stock or 2 teaspoons vegetable bouillon
- Pinch of Cayenne pepper
- 1 tablespoon cocoa powder
- 1 tablespoon maple syrup
- 2 tablespoons tomato puree
- 1 small red pepper, sliced
- 1 small green pepper, sliced
- 1 teaspoon chilli powder
- 1 teaspoon dried oregano
- 1 teaspoon fresh thyme leaves (optional)
- Sea Salt and pepper to taste
- A few handfuls of baby spinach
- Chopped coriander leaves to serve

Simple Guacamole

- 1 ripe avocado
- ½ firm tomato, seed removed, finely diced
- ½ red onion, finely diced
- ¼ cup chopped coriander
- 1 Tablespoon fresh lime juice
- Optional sea salt and pepper to taste



METHOD

Mexican (Tortillas, Chili and Guac)

Flour Tortillas

1. Sift dry ingredients. Add oil, working it into the flour.
2. Stir in water and form into a ball. Knead well on a floured surface and make balls about the size of a small egg.
3. Let stand for 15 minutes, then roll out on a floured surface until they are the size of a salad plate.
4. Heat a frying pan or skillet. Place tortillas on pan and cook for 2 minutes on one side then flip and cook for 1 minute on the other side.

Vegan Chili

1. In a large pot, gently cook the onion in the olive oil until softened. Add the peppers and cook for a couple of minutes or so and then add the carrots, pour in the stock and all the other ingredients apart from the spinach.
2. Simmer until the lentils are soft. You may need to add more water along the way.
3. Add the spinach, stir in and remove from the heat.
4. Serve in tortillas or with rice and topped with coriander and a yoghurt of your choice.

Simple Guacamole

1. Open the avocados and scoop out the flesh. An easy way is to cut it length-wise around the pit and then using a chef's knife strike the pit and then twist the knife so you can easily remove the pit and scoop out the flesh.
2. Mash the flesh with a fork, it can still have hard parts, follow your preference
3. Stir in the other ingredients.
4. Enjoy right away or store in the refrigerator. A trick is to put a plastic wrap that touches the guacamole so it doesn't brown because of contact with air.