



# Tex Mex Bean & Avocado Cos Salad

with Roast Tomato Salsa & Corn Chips

SUMMER SALADS

NEW

Grab your meal kit with this number

25



Cannellini Beans



Onion



Tex-Mex Spice Blend



Cos Lettuce



Cucumber



Avocado



Mayonnaise



Roasted Tomato Salsa



Coriander



Corn Chips



Cheddar Cheese



Chicken Breast

Prep in: 15-25 mins  
Ready in: 30-40 mins

Say hello to your newest salad obsession! It's loaded with honey-tossed spiced beans, creamy avo, smokey roast tomato salsa, and crispy corn chips for that perfect crunch. It's fresh, fun, and fabulously fuss-free. Taco night just got an upgrade!

### Pantry items

Olive Oil, Honey, White Wine Vinegar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cannellini beans	1 tin	2 tins
onion	½	1
Tex-Mex spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	1 tsp	2 tsp
cos lettuce	1 head	2 heads
cucumber	1 (medium)	1 (large)
avocado	1 (small)	1 (large)
mayonnaise	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
roasted tomato salsa	1 medium packet	2 medium packets
coriander	1 packet	1 packet
corn chips	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2700kJ (645Cal)	444kJ (106Cal)
Protein (g)	17.9g	2.9g
Fat, total (g)	36.7g	6g
- saturated (g)	5.1g	0.8g
Carbohydrate (g)	53.9g	8.9g
- sugars (g)	8.3g	1.4g
Sodium (mg)	1015mg	167mg
Dietary Fibre (g)	27.9g	4.6g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the beans & onion

- Preheat oven to **220°C/200°C fan-forced**.
- Drain and rinse **cannellini beans**.
- Slice **onion (see ingredients)** into thick wedges.
- Place **cannellini beans** and **onion** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Tex-Mex spice blend**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.
- When the beans and onion are done, add the **honey** and toss to coat.

3



## Toss the salad

- To a large bowl, add **cos lettuce**, **cucumber**, **mayonnaise**, a drizzle of **white wine vinegar** and **olive oil**. Just before serving, toss to coat. Season to taste.

2



## Get prepped

- Meanwhile, roughly chop **cos lettuce**.
- Thinly slice **cucumber** into half-moons.
- Slice **avocado** in half, scoop out flesh and thinly slice.

4



## Finish & serve

- Divide salad between bowls.
- Top with avocado, roasted beans and onion.
- Dollop with **roasted tomato salsa** and tear over **coriander**.
- Serve with **corn chips**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



### CUSTOM OPTIONS

**+ ADD CHEDDAR CHEESE**  
Sprinkle over salad before serving.

**+ ADD CHICKEN BREAST**  
Cut into 2cm chunks. In large frying pan, cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

