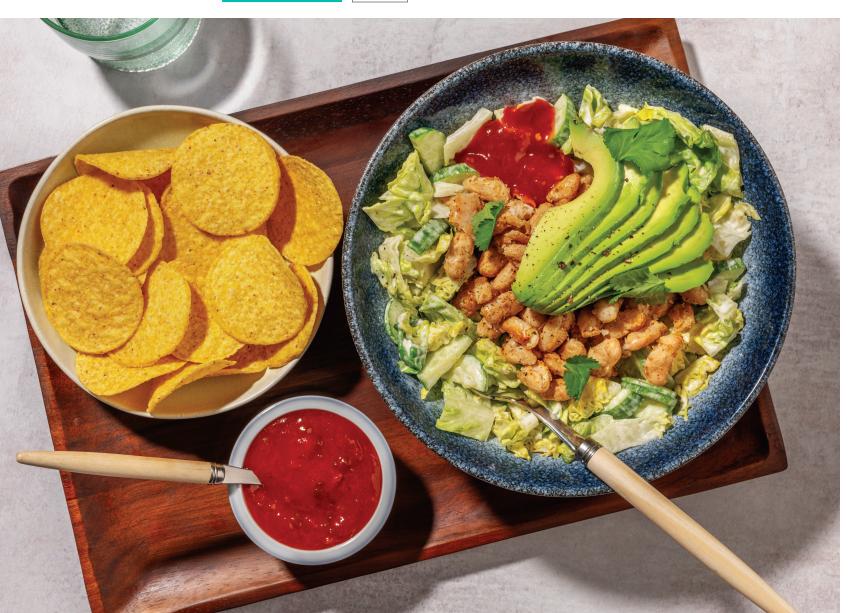


Tex Mex Bean & Avocado Cos Salad

with Roast Tomato Salsa & Corn Chips

SUMMER SALADS

NEW



Grab your meal kit with this number









Spice Blend





Cucumber







Roasted Tomato Mayonnaise



Coriander



Corn Chips





Pantry items

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
cannellini beans	1 tin	2 tins	
onion	1/2	1	
Tex-Mex spice blend	1 medium sachet	1 large sachet	
honey*	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	
white wine vinegar*	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

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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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



Get prepped

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



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.



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!









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.

