



Tex Mex Bean & Avocado Cos Salad

with Roast Tomato Salsa & Corn Chips

SUMMER SALADS

Grab your meal kit with this number

25



Cannellini Beans



Onion



Tex-Mex Spice Blend



Cos Lettuce



Cucumber



Avocado



Mayonnaise



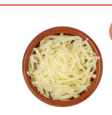
Chargrilled Capsicum Relish



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, chargrilled capsicum relish, 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
olive oil*	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
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
chargrilled capsicum relish	1 packet	2 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)	2696kJ (644Cal)	450kJ (107Cal)
Protein (g)	18.1g	3g
Fat, total (g)	37.7g	6.3g
- saturated (g)	5.2g	0.9g
Carbohydrate (g)	54.7g	9.1g
- sugars (g)	13.9g	2.3g
Sodium (mg)	1018mg	170mg
Dietary Fibre (g)	28.1g	4.7g

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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



1



Roast the beans

- 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 have **5 minutes** remaining, add the **honey** and toss to coat.

3



Toss the salad

- Once **cannellini beans** are done, in a large bowl combine, **cos lettuce**, **cucumber**, **mayonnaise**, a drizzle of **white wine vinegar** and **olive oil**. 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 and cannellini beans.
- Dollop with **chargrilled capsicum relish** and tear over **coriander**.
- Serve with **corn chips**. Enjoy!

CUSTOM OPTIONS

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

+ **ADD CHICKEN BREAST**
Cut into bite-sized pieces. In a large frying pan, cook with a drizzle of olive oil until golden, 4-6 minutes.

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

