

## Mexican Meal

I love the meal experience of making fajitas with bowls of colourful fillings to choose from. This filling will feed 4 people.

Tools: knife/ board/ large frying pan.

Ingredients:

- 1 large onion
- 1 red pepper
- 1 green pepper
- 1 yellow pepper
- 4 large Portobello mushrooms or a tin of jackfruit
- 2 teaspoons Cajun spine seasoning
- 2 cloves of garlic, crushed
- 1 tablespoon tomato puree
- 1 tin black beans
- ½ tin chopped tomatoes
- Salt and Pepper
- 1 tablespoon fresh coriander

### Method:

Chop a large onion, a red pepper, a green pepper, a yellow pepper, 4 portobello mushrooms into strips and stir steam/ fry in the large pan.

If using jackfruit grate the jackfruit and rub in the cajun spice

Stir fry i.e. fry on high heat and keep stirring! Stir steam- use water not oil.

The peppers will start to soften after a few minutes.

Add a sprinkle of salt/ pepper/ 2 teaspoons Cajun spice seasoning and 2 cloves of chopped garlic and cook for a minute.

Add half a tin of chopped tomatoes and more if needed, a tablespoon of tomato puree, drained tin of black beans and simmer for 5 minutes. Stir in a handful of chopped, fresh coriander

Taste the veg for spice and texture.

Heat a pack of wraps up in the oven.

Place bowls of guacamole, a bag of fresh chopped spinach, your fajita mix, grated vegan cheese, natural plant-based yogurt and extra chillies on the table.

Make a salad using a chopped lettuce, 4 tomatoes and half a cucumber sprinkled with the juice of half a lemon.

Place all these on the table and have fun filling the wraps! Have a napkin handy!

## **Salsa**

This will make a bowl, enough for a dip or as a side to fajitas for 4-6 people

Tools: Board, knife, bowl, box grater

Timings: Prep 10, resting 60 if available. Total 70 minutes

Ingredients:

- 4 ripe tomatoes
- ½ red onion
- 4 tablespoons apple cider vinegar
- 2-3 chillies
- 1 tablespoon fresh coriander
- Zest and juice of 3 limes
- Salt and Pepper

Method:

Chop the onion very finely and soak in the vinegar. Add the chopped chilli and finely chopped tomatoes (you can grate these instead if you prefer)

Zest the limes on the fine side of a box grater and add this as well as the juice of the limes.

Chop the coriander, add and stir well. Add salt and pepper to taste and leave for an hour for the flavours to mix.

## **Holy Guacomole**

This will make a bowl, enough for a dip or as a side to fajitas for 4-6 people.

If making the salsa as well, just chop up the avocados and add some of the salsa to taste.

Tools: knife/ board/ bowl/grater or zester

Timings: Prep 10 minutes

Ingredients:

- 3 ripe tomatoes
- 1 red onion or 3 spring onions
- 1 or 2 fresh chillies
- Zest and juice of 2 limes
- 3 tablespoons apple cider vinegar
- 3 ripe avocados (I don't drive but I av-a-car-doh)
- 1 tablespoon chopped fresh or frozen coriander
- Salt and Pepper (optional to taste)

Method:

Chop 3 ripe tomatoes into small pieces, same with a red onion and fresh chilli.

I would use 2 bird's eye chillies but this is very much a personal taste.

Add the zest and juice of 2 limes (I grate them on the block grater fine side to get the dark green skin off) and 3 tablespoons of apple cider vinegar. Put all these ingredients in a bowl and leave to soak. I find it takes the harshness out of the onion which I don't like as I can't eat raw onion so you might want to omit this step.

Chop 3 ripe avocados, finely chop a handful of fresh coriander and add this to the tomato mix. Salt and pepper to taste.