

# Mexican Fiesta

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## Mexican Beans

### Ingredients

480g cooked adzuki beans or black beans  
2 tomatoes diced  
2 tbsp fresh oregano chopped super fine  
2 cloves garlic minced  
2 tsp cumin  
1 tsp paprika  
1 tsp smoked paprika  
1 red onion diced finely  
Salt to taste  
2 cups water or stock (I used water and it was totally tasty)  
1 tbsp olive oil  
1 tsp chilli powder

### Method

1. In a frying pan or wok, fry the onion in the oil for a couple of minutes then add the garlic for a few more minutes, then the herbs and spices including the chilli and stir for a minute or so.
2. Add the tomatoes, water and salt. Place a lid on the frying pan and cook for 5 minutes then add the cooked beans and take the lid off, stirring now and again, mashing the beans as you stir.
3. The beans are cooked when quite mushy and the water has evaporated.

## Corn, Hazel Nut and Pepita Salsa

### Ingredients

Corn kernels of 2 corn cobs  
¼ cup hazel nuts  
¼ cup pepitas  
Juice of 1 lime  
1 tbsp olive oil  
¼ cup coriander (if you don't like coriander just omit or use mint)  
Sprinkle of salt  
1 tsp chilli flakes

### Method

1. In a dry frying pan, toast the pepitas and hazel nuts. They are ready when the pepitas pop. Remove them from the pan and chop up roughly.
2. Place the corn in the frying pan and stir for a few minutes.
3. Add the nuts, pepitas and corn to a bowl and mix with the rest of the ingredients.

## Mango Salsa

### Ingredients

1 mango diced  
1 small red onion diced very fine  
1 big handful of coriander or a few sprigs of mint chopped smallish  
1 chilli chopped fine  
Juice of 1 lime

### Method

Mix all of the ingredients together.

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## Jackfruit Chorizo

### Ingredients

2 cans jackfruit  
2 tbsp olive or avocado oil  
2 tsp cumin seeds  
2 tbsp chopped oregano  
2-3 tbsp apple cider vinegar  
3 cloves garlic minced  
1 tsp chilli powder  
1½ tsp smoked paprika or sweet paprika  
1 tsp salt or to taste  
½ tsp ground cinnamon

### Method

1. Drain the tins of jackfruit. Pull the flaky pieces from the core and then cut up the core.
2. Add the oil in a frying pan and fry the garlic for a minute. Add the cumin, chilli powder and oregano and fry for a further minute or until the cumin starts to become aromatic.
3. Add the jackfruit, salt, cinnamon, vinegar and sweet paprika and stir every now and again for 5 minutes.
4. Add the vinegar and stir until there is no liquid.
5. Taste for salt and chilli and add more if you think it needs it.

## Fennel and Radish Slaw

### Ingredients

1 fennel  
1 bunch radish  
½ tsp salt  
Juice 1 lemon

### Method

Slice the fennel super fine and cut the radish into matchstick sized pieces. Add the salt and lemon juice and let sit for 30 minutes.

## Cashew Sour Cream

<http://www.veets.com.au/blog/making-recipes-vegan-or-dairy-free-soooooo-easy>

You can add wood smoked olive oil or smoked paprika or toasted sesame oil for added flavour.

## Pea Guacamole

<http://www.veets.com.au/blog/get-all-your-nutrients-plus-3-zinc-filled-recipes>