

CINCO DE MAYO

5TH MAY

Cinco de Mayo is a great opportunity to celebrate all things Mexican!

INGREDIENTS

00068	La Espanola Extra Virgin Oil	40ml
	Onions - sliced	150g
75773	Mexican chili oil paste	200g
40292	Red lentils	160g
27761	Tomato purée	40g
	Jackfruit tinned	300g
	Vegetable stock base	500ml
17576	Everyday Favourites chopped tomatoes	400g
	Fresh chopped coriander	20g
	Sweet potato chunks	500g
	Cauliflower florets chargrilled	150g

METHOD

1. Heat a large saucepan and add the oil.
2. Sauté the onions until soft, then add the paste and cook for five minutes.
3. Add the red lentils and cook for a further five minutes.
4. Stir in the tomato purée and cook on a low heat for 10 minutes. Stir so it doesn't catch on the bottom, add the jackfruit.
5. Then add the stock, tomatoes and cook the lentils until they are soft. Then add the cauliflower and sweet potato, and cook for a couple of minutes to warm through.
6. Finish with the chopped coriander and keep warm until serving.

MEXICAN ORANGE JACKFRUIT STEW



ON THE MENU TODAY!

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00057	Brindisa Leon cooking chorizo	600g
95198	Farmstead unsmoked streaky bacon	400g
56622	Triple Lion haricot beans	500g
	Jalapeno green chillies	3
03684	Avocado slices	500g
04285	Everyday Favourite free range medium eggs	10
18476	Everyday Favourites 30cm (12") wheat flour tortilla	5
	Baby tomatoes	200g

METHOD

1. Soak the haricot beans in cold water overnight in the fridge.
2. Make up the chicken stock according to the pack and bring to the boil – add the beans and reduce to a simmer and cook for 45 minutes until the beans are tender.
3. Drain the beans well and reserve.
4. Cut the chorizo into small pieces and cut the bacon into lardons.
5. Cut the chillies in half, remove the seeds and cut into small dice.
6. Cut the tomatoes in half and set aside.
7. Heat a little oil in a sauté pan and add the chilli, bacon and the chorizo and cook until well coloured.
8. Now add the beans and tomatoes and cook for a further 5 mins.
9. Season if required then stir through the avocado.
10. In a separate frying pan, fry the eggs in a little oil, then remove.
11. To serve, spoon the beans onto a plate and top with a fried egg – drizzle with a little olive oil and some chopped coriander.

MEXICAN
BREAKFAST



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