

# FLAVOURS OF MEXICO



**Edgell**<sup>®</sup>  
**VEG** WITH THE **EDGE**



# FLAVOURS OF MEXICO

Fresh, full of flavour & fast – Mexican cuisine brings the whole family to the table.

In Flavours Of Mexico, Edgell celebrates the long history legumes and corn have had in the cuisine of Mexico, in simple and convenient recipes that are sure to become favourites.

From one-pot, slow cooked beef tacos that feed a crowd, to a delicious lunch-time nachos for 1- it all starts with our famous Veg With The Edge!

Handy nutrition stamps let you know the nutritional benefits of each meal, check out our key to them below.

*Buen Provecho!*



Recipe contains at least **2+ serves of vegetables per serve of the recipe**, as per Australian Dietary Guidelines i.e. recipe contains at least **150g vegetables**.



Recipe is suitable for **lacto-ovo vegetarians**. Recipe contains **no animal based meat products (i.e. No meat, poultry, fish or seafood)** but may contain dairy (non-animal rennet), honey and egg ingredients.



Recipe contains **no animal derived ingredients or products** (including but not limited to: no meat, poultry, fish or seafood, eggs, all dairy products, honey, condiments containing meat or seafood derivatives etc.).



Recipe contains any type of **seafood**, which is a source of healthy omega-3 fats.



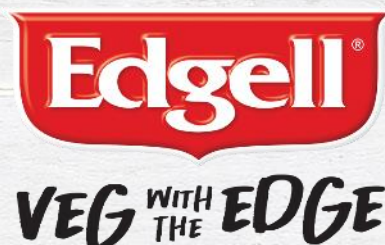
Recipe contains a **plant based source of protein** e.g. legumes/beans, tofu, plant based meat product (soy or non-soy based).



Recipe contains at least **1+ serves of protein** as per Australian Dietary Guidelines and contains at least 10g protein per serve.



Recipe contains **two types** of protein, from plant or animal sources.





# CHARRED CORN & TUNA STREET TACOS

PREP 15 mins  
COOK TIME 5 mins  
MAKES 4

Charred sweet corn is so good in these street style chilli tuna tacos.



OMEGA-3

## INGREDIENTS

- ¼ cup apple cider vinegar
- 1½ tablespoons sugar
- 1 small red onion, thinly sliced
- 2 teaspoons olive oil
- 125g can **Edgell Corn Kernels**, charred
- 4 x mini flour tortillas, charred
- 1 cup finely shredded cos lettuce
- 1 small julienned carrot
- 95g can John West Tuna Tempters - Chilli
- Fresh coriander leaves and lime wedges, for serving
- Aioli or sour cream, optional, for serving



## METHOD

1. Combine vinegar and sugar in a small glass bowl and stir until sugar has dissolved. Add onion and stir well. Stand for 15 minutes. Drain.
2. Meanwhile, heat oil in a small non stick frypan over medium heat. Add Edgell Corn Kernels and cook for 1 minute until lightly charred.
3. Top tortillas with lettuce, carrot and corn. Top with tuna and pickled onions.
4. Garnish with coriander. Squeeze over lime juice and serve with aioli.

*For an added chilli hit, garnish tacos with thinly sliced jalapenos before serving.*



# SLOW COOKED BEEF & BEAN TACOS

PREP 10 mins  
COOK TIME 8 hrs  
MAKES 8

Delicious slow cooked, pulled beef with a fresh Mexican inspired coleslaw in soft shell tacos.



## INGREDIENTS

1 onion, sliced  
1kg piece beef chuck  
2 cups beef stock  
1/3 cup Leggo's tomato paste  
30g sachet taco seasoning  
2 cloves garlic, crushed  
400g can **Edgell Red Kidney Beans**, drained  
Mexican slaw (see next page)  
Tortillas, diced tomato and guacamole, for serving

## METHOD

1. Place onion in the bottom of a slow cooker, top with beef. Combine stock, tomato paste, taco seasoning, garlic and pour over beef. Cook on low for 8 hours or on high for 4 hours or until beef starts to fall apart.
2. Remove beef from slow cooker and set aside. Place sauce and Edgell Red Kidney Beans into a medium saucepan. Bring to the boil, reduce heat and simmer for 10 minutes or until sauce is reduced, stirring occasionally.
3. Meanwhile, pull beef into shreds.
4. Stir beef through reduced sauce and serve in tortillas with a Mexican slaw, tomato and guacamole.



*Put your slow cooker on in the morning, the aroma will fill the house teasing all the family as they eagerly await for dinner.*



# MEXi-SLAW

A Mexican twist on coleslaw, perfect served as a salad or in tacos.

PREP 20 mins  
NO COOK TIME  
SERVES 4



VEGAN

PLANT  
PROTEIN

2+  
SERVES VEG

## INGREDIENTS

- 400g can **Edgell Black Beans**, rinsed and drained
  - 420g can **Edgell Super Sweet Corn Kernels**, drained
  - ¼ small red cabbage, shredded
  - 1 large carrot, shredded or julienned
  - 3 spring onions, thinly sliced
  - 1 bunch coriander, leaves only
- Dressing:
- Zest and juice of 1 lime
  - 2 tablespoons olive oil
  - 1 teaspoon ground cumin

## METHOD

1. Combine salad ingredients in a large bowl, cover and refrigerate until required.
2. Combine dressing ingredients in a screw top jar, shake well. Pour over salad when ready to serve.



Toss some cooked and shredded BBQ chicken through this salad for a complete meal



# EASY BEAN & TUNA NACHOS

A new take on a classic, using shelf staples like black beans and tuna to make tasty nachos!

PREP 15 mins  
COOK TIME 10 mins  
SERVES 1



PROTEIN  
BOOST

OMEGA-3

## INGREDIENTS

- 100g corn chips
- 95g can John West Tuna – Tangy Jalapenos, drained
- 125g can **Edgell Black Beans**
- ¾ cup grated cheese (tasty or Mexican blend)
- ½ tomato, deseeded and finely diced
- ½ small red onion, finely diced
- ½ small avocado, mashed
- 2 tablespoons sour cream
- Fresh coriander, for garnish



## METHOD

1. Place ½ the corn chips in a small baking dish. Top with ½ can John West Tuna, ½ can Edgell Black Beans and sprinkle over ½ the cheese. Repeat with remaining corn chips, tuna, black beans and cheese on top.
2. Bake in a preheated oven at 180°C for 10 minutes or until cheese has melted and is golden brown.
3. Meanwhile, in a small bowl combine tomato and onion. Season to taste.
4. Top nachos with tomato mixture, avocado and sour cream. Sprinkle with coriander.

*Squeeze a little lime juice in the avocado when mashing to prevent browning. Top nachos with extra jalapenos, fresh or pickled, for added heat.*



# ONE POT CHICKEN, BEANS & RICE

A hearty one-pot meal with chicken, black beans and corn.

PREP 15 mins  
COOK TIME 25 mins  
SERVES 4



## INGREDIENTS

- 1 tablespoon oil
- 400g chicken breast, cut into 3cm pieces
- 1½ cups medium grain rice
- 220g pouch Chicken Tonight American Collection Smoked Texan Chicken Drumsticks Sauce
- 2 cups chicken stock or water
- 420g can **Edgell Corn Kernels**, drained
- 1 green capsicum, diced
- 400g can **Edgell Black Beans**, drained and rinsed
- Fresh coriander, for garnish
- Guacamole and tortilla chips, for serving

## METHOD

1. Heat oil in a large non stick frypan over high heat. Cook chicken for 3-4 minutes or until golden.
2. Add rice and stir to coat. Pour in Chicken Tonight Sauce and stock, bring to boil. Add capsicum, Edgell Corn Kernels and Edgell Black Beans, return to simmer. Reduce heat to medium-low and cook for 15-20 minutes, checking half way and adding a little extra stock or water if rice has absorbed all the liquid before it has become soft and fully cooked.
3. Garnish with coriander. Serve with guacamole and tortilla chips on the side, if desired.



*For a burrito style lunch the next day, wrap warmed leftover rice, some shredded cheese and sour cream inside tortilla breads.*



# BURRITO BOWL

PREP 10 mins  
COOK TIME 20 mins  
SERVES 4

Plant based mince with lots of veg and legumes makes this a great meat-free meal.



VEGAN

PLANT  
PROTEIN

2+  
SERVES VEG

## INGREDIENTS

- 1½ tablespoons oil
- 420g can **Edgell Corn Kernels**, drained
- 300g packet frozen Birds Eye Plant Based Mince
- 300g jar tomato salsa
- 450g pouch microwavable brown rice,  
heated following packet directions
- 200g punnet cherry tomatoes, quartered
- 400g can **Edgell Black Beans**, rinsed and drained
- 1 avocado, sliced
- Fresh coriander leaves and lime wedges, for  
garnish
- 100g white corn tortilla strips, for serving

## METHOD

1. Heat 2 teaspoons oil in a non stick frypan over medium-high heat. Add Edgell Corn Kernels and cook for 3-5 minutes or until lightly charred. Remove and set aside.
2. Heat remaining oil in the same frypan over medium-high heat. Add frozen Birds Eye Plant Based Mince and cook following packet directions. Stir in desired amount of tomato salsa and cook for a further minute.
3. Arrange plant based mince, rice, corn, tomatoes, Edgell Black Beans and avocado in serving bowls. Garnish with coriander leaves and lime wedges. Serve with tortilla strips.



For a spicy swap, use a few 70g can Edgell Snack Time Red Kidney Beans with Chilli & Olive Oil instead of black beans.



# SMOKEY MEXICAN RICE

PREP 20 mins  
COOK TIME 25 mins  
SERVES 4

A Mexican inspired rice recipe to serve with your choice of protein.



PLANT  
PROTEIN

## INGREDIENTS

- 1½ tablespoons oil
- 1 red capsicum, cut into strips
- 1 red onion, diced
- 1 clove garlic, crushed
- 2 tablespoons taco seasoning
- 1 cup long grain rice
- ¼ cup Leggo's tomato paste
- 1L chicken stock
- 400g can **Edgell Mexican Mix**, drained
- 420g can **Edgell Corn Kernels**, drained
- ¼ cup chopped fresh coriander, plus extra for garnish



## METHOD

1. Heat 1 tablespoon oil in a large deep sided frypan over high heat. Add capsicum and cook for 1-2 minutes or until charred. Remove from pan and set aside.
2. Reduce heat to medium and add remaining oil, onion and garlic, sauté for 2-3 minutes. Stir in taco seasoning and cook for 1 minute, stirring regularly.
3. Add rice and stir well and cook for a minute. Stir in tomato paste and cook for a further 1 minute. Pour in stock and bring to the boil. Reduce heat, cover and simmer for 15 minutes or until rice has almost absorbed all of the water.
4. Gently stir in Edgell Mexican Mix, Edgell Corn Kernels, capsicum and coriander. Heat through.

Try this rice recipe at your next BBQ and serve with sliced chargrilled steak.



# CHILLI CON CARNE TORTILLA CUPS

Try these chilli beef and been tortillas cups for your next party.

PREP 10 mins  
COOK TIME 35 mins  
MAKES 6



PROTEIN  
BOOST

## INGREDIENTS

10 mini flour tortillas  
1 tablespoon oil  
1 onion, diced  
2 cloves garlic, crushed  
500g lean beef mince  
400g can chopped tomatoes  
¼ cup Leggo's tomato paste  
400g can **Edgell Black Beans**, rinsed, drained  
1 small red capsicum, diced  
1 teaspoon tabasco sauce  
Sour cream & fresh coriander, for serving

## METHOD

1. Microwave tortillas following packet directions to soften. Grease a Texas muffin pan and line each casing with a tortilla. Cook in a preheated oven at 200°C for 5-6 minutes or until tortillas start to brown. Remove from oven and set aside to crisp.
2. Meanwhile, heat oil in a large frypan over high heat. Add onion, garlic and mince and cook for 5 minutes or until browned.
3. Reduce heat and stir in tomatoes, tomato paste, Edgell Black Beans, capsicum and tabasco sauce. Simmer uncovered for a further 5 minutes.
4. Divide beef mixture evenly between cups and top with a dollop of sour cream. Serve immediately fresh coriander leaves.



*The filling is also suitable for making enchiladas or quesadillas. Grated cheese can be added.*



# SPICED CHICKEN WITH CHARRED CORN & RICE

Mix up mid-week meals with this easy spiced chicken and rice meal.

PREP 20 mins  
COOK TIME 25 mins  
SERVES 4



2+  
SERVES VEG

PROTEIN  
BOOST

## INGREDIENTS

- 4 chicken thigh fillets, cut into large dice
- 3 teaspoons smoked paprika
- 2 teaspoons ground cumin
- 2 tablespoons oil
- 420g can **Edgell Corn Kernels**, drained
- 250g packet microwave Mexican rice
- 400g can **Edgell Red Kidney Beans**, drained
- ½ cup fresh coriander leaves
- 1 small red onion, diced
- 1 tomato, de-seeded and diced
- 1 avocado, diced
- Juice of 1 lime



## METHOD

1. Coat chicken with paprika and cumin. Skewer pieces of chicken onto skewers.
2. Heat 1 tablespoon oil on a BBQ hot plate over high heat. Spoon on Edgell Corn Kernels and cook for 5-6 minutes or until charred, tossing regularly. Remove from heat and set aside.
3. Reduce heat to medium and heat remaining oil. Cook chicken on each side for 10 minutes, or until cooked through, turning regularly.
4. Meanwhile, heat rice following packet directions. Transfer to a large bowl and stir Edgell Red Kidney Beans and coriander through rice.
5. Combine charred corn with onion, tomato, avocado and lime juice. Serve with chicken and Mexican rice.

Microwaveable Mexican rice can be found in most supermarkets in the rice aisle.



# PRAWN TOSTADAS

PREP 20 mins  
COOK TIME 4 mins  
MAKES 8

A fresh and easy appetiser or party food idea.



OMEGA-3

## INGREDIENTS

2 teaspoons taco seasoning  
250g small raw prawns, shelled  
1 tablespoon oil  
400g can **Edgell Mexican Mix**, drained  
125g can **Edgell Corn Kernels**, drained  
1 tomato, de-seeded and diced  
1 avocado, diced  
1-2 spring onions, chopped  
2 teaspoons olive oil  
Juice of 1 small lime  
8 x 10cm flat taco shells  
Fresh coriander, for garnish

## METHOD

1. Sprinkle taco seasoning over prawns. Toss to coat well. Heat oil in a non stick frypan over high heat. Add prawns and cook both sides for 1-2 minutes or until cooked through.
2. Combine the cooked prawns, Edgell Mexican Mix, Edgell Corn Kernels, tomato, avocado, spring onion, olive oil and lime juice. Spoon a small amount of prawns and salsa on each tostada. Garnish with coriander and serve immediately.



Flat taco shells are available in most large supermarkets in the Mexican section.



# BLACK BEAN & CHICKEN FAJITAS

PREP 10 mins  
COOK TIME 15 mins  
MAKES 8

Saucy and super tasty and one the family will love getting messy for.



PROTEIN  
BOOST

## INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 large red onion, thinly sliced
- 1 large red capsicum, sliced
- 2 teaspoons ground cumin
- 1 teaspoon smoked paprika
- 500g chicken tenderloins
- 1 cup Leggo's tomato passata
- 400g can **Edgell Black Beans**, rinsed and drained
- 125g can **Edgell Corn Kernels**, drained
- Warmed tortillas, sour cream & fresh coriander, for serving

## METHOD

1. Heat half the oil in a large non stick frypan over medium heat, sauté onion and capsicum until softened. Remove and set aside.
2. Meanwhile, combine cumin and smoked paprika and sprinkle over chicken to coat. Heat remaining oil in same frypan over a medium heat. Cook chicken for 2-3 minutes on each side or until golden.
3. Add tomato passata and cook for 5 minutes or until chicken is cooked through. Stir through Edgell Black Beans and Edgell Corn Kernels.
4. Spread each tortilla with sour cream, top with chicken, beans, corn and capsicum mixture. Sprinkle with coriander leaves.



Tortillas can be warmed in non stick frypan or flashed directly over a gas flame to slightly char and give flavour.





**VEG** WITH  
THE **EDGE**