

CLIMATE IMPACT  
PER PORTION0,4 kg  
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4 PORTIONS

JENS VILKINGSSON

# TORTILLAS WITH BLACK BEANS & PEA MOLE

Tortillas with spicy black beans, salsa and pea mole served with seasonable vegetables on skewers.

## INGREDIENTS

### BEAN MIX

Red onion, chopped 75 g  
Garlic, chopped 2 cloves  
Rapeseed oil 2 tbsp  
Chilli flakes 1 tsp  
Cumin 1 tsp  
Smoked paprika powder 2 tsp  
Oregano dried 1 tsp  
Salt 1 tsp  
Crushed tomatoes 400 g  
Honey 1 tbsp  
Black beans, cooked 460 g

### PEA MOLE

Green peas, frozen 300 g  
Lemon juice 3 tbsp  
Salt 1 tsp  
Black pepper 1 krm  
Red chili pepper, chopped 1 small  
Garlic, grated 2 cloves  
Cooking yogurt 0.5 dl

### FIXINGS

Tortillas 320 g (8 small ones)  
Romaine lettuce 8 leaves  
Salsa 1 small jar (230 g)  
Corn chips (Nachos) 1 small bag (approx. 200 g)  
Seasonal vegetables 400 g

## INSTRUCTIONS

### BEAN MIX

- Saute the red onion and garlic in oil. After a few minutes, add the spices and fry for a couple more minutes.
- Add crushed tomatoes and honey and reduce by half.
- Add the beans, stir and let it warm up. Taste.

**TIP!** THE MIXTURE IS PERFECT FOR REFRIGERATING TO MAKE PICNIC WRAPS.

### PEA MOLE

- Put the peas, lemon juice, salt and black pepper into a food processor and blend smoothly for a couple of minutes at high speed.
- Transfer to a bowl and stir in chili pepper, garlic, and yogurt. Taste.
- Let the mixture rest for a while in the fridge.
- Arrange the lettuce leaves, put some mix and pea mole in each tortilla and form into wraps. Thread seasonal vegetables onto skewers and serve with corn crisps and salsa. This is a great picnic spread!



### TO MEET THE ONE PLANET PLATE CRITERIA:

Choose organic onions, rapeseed oil and tortilla.