

THREE BEAN CHILLI WITH AVOCADO SALSA

Serves: 4

Prep: 10 minutes

Cook: 1 hour

This low-effort chilli lets the veg roast in a single layer, before the beans and tomatoes are added to gently cook in the oven. Perfect by itself, it's also lovely alongside the chipotle sweetcorn with squash on page 194.

Ingredients:

250g chestnut mushrooms, quartered
1 onion, roughly chopped
1 red pepper, roughly chopped
2 teaspoons ground coriander
2 teaspoons ground cumin
1 teaspoon chipotle chilli flakes
1 teaspoon smoked paprika
1 teaspoon sea salt
1 tablespoon olive oil
1 x 400g tin of cannellini beans
1 x 400g tin of black beans
1 x 400g tin of red kidney beans
2 x 400g tins of chopped tomatoes
200ml vegetable stock
Coriander leaves, to garnish

SALSA

1 avocado, roughly chopped 1 lime, juice only
1/2 red onion, finely chopped 1 teaspoon sea salt

TO SERVE

Coconut yogurt Tortillas or nacho chips

1. Preheat the oven to 180°C fan/200°C/ gas 6.
2. Mix the mushrooms, onion and red pepper with the spices, salt and olive oil in a large, deep roasting tin. Transfer to the oven and roast for 25 minutes.
3. Drain and rinse all the beans and add to the tin with the chopped tomatoes and stock. Give everything a good stir, then return to the oven and cook, uncovered, for 35 minutes.
4. Just before the chilli is ready, mix the chopped avocado with the lime juice, red onion and sea salt to taste. Serve the chilli scattered with coriander leaves, with the avocado salsa, and with yogurt and tortillas or nachos alongside.

Note: Watch out for steam once the chilli has finished cooking – stand well back from the oven when you open it.