

TORTILLA PIE WITH KIDNEY BEANS CHILE

4 persons / 545 kcal per person

Ingredients:

- 400 grams of Mexican stir-fry vegetables
- 550 grams of (HAK) kidney beans chili bean dish
- 150 grams of grated cheddar
- 4 tortilla wraps
- 1 tablespoon of olive oil
- 175 grams of chilled guacamole

Preparation:

Preheat the oven to 200 °C. Heat the olive oil in a frying pan and fry the stir-fry vegetables over medium heat for 5 minutes. Grease a bowl or springform pan. Place a tortilla wrap on the bottom of the dish or springform pan. Spoon $\frac{1}{3}$ of the vegetables, $\frac{1}{3}$ of the kidney bean chili dish and $\frac{1}{4}$ of the cheese over the tortilla. Repeat with the rest until you get a pie. Finish with a tortilla wrap and sprinkle with the rest of the cheese. Bake the tortilla pie in the middle of the oven for about 15 minutes until golden brown. Cut the pie into 4 quarters and serve the pie with the guacamole.

Nutritional value per person:

| | |
|---------------------|------------|
| Energy: | 545 kcal |
| Protein: | 23.7 grams |
| Carbohydrates: | 45.6 grams |
| - including sugars: | 9.5 grams |
| Fat: | 26.9 grams |
| Fiber: | 12.3 grams |
| Salt: | 2.1 grams |

