

## Menu

- Guacamole (served with Tortilla Chips)
- Black Bean Dip (served with Tortilla Chips)
- Mexican Street Salad
- Spicy Chicken, Mango & Jalapeño salad
- Chicken Tortilla Soup
- Steak Fajitas
- Coffee & Chocolates

## Shopping List

- Chicken breasts 4
- Skirt or flank steak 600g
  
- Black beans 1 can
- Tomato paste
- Chicken broth 2 cans
- Diced tomatoes 1 can
- Tomato sauce 1 can
- Salsa 1 jar
- Sour cream 1 can
- Shredded cheese 1 small pack
  
- Avocados 2
- Lime 5
- Mango 1
- Orange 1
- Tomatoes 2
- Onion 3
- Garlic 1 bulb
- Green onions (scallions) 2
- Mild green chillies
- White cabbage 1 small
- Red cabbage 1 half
- Radishes 10
- Carrots 2 small
- Fresh coriander 2 bunches
- Jalapeño chillies 4
- Red onion 2
- Cherry tomatoes 1 pack
- Little Gem lettuces 2 small

## Fun and Easy Dinner Party

## Mexican Night

- Red pepper 3
- Green pepper 1
- Frozen corn 1 cup
  
- Salt
- Pepper
- Cumin
- Cayenne pepper
- Extra virgin olive oil
- Chili powder
  
- Tortilla chips 1 large bag
- Flour tortillas 12
  
- Coffee
- Sugar and milk for coffee
- Chocolates

## Recipes

Amounts are for 4 ~ 6 people. Adjust as required!

### Guacamole

#### Ingredients

- 2 Avocados
- 1 lime
- 2 medium tomatoes, chopped
- 1 medium onion, chopped fine
- 1/4 teaspoon pepper (or to taste)
- 1/2 teaspoon salt (or to taste)
- 2 garlic cloves, minced
- 1/8 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper (or to taste)

#### Directions

1. Halve avocados; remove fruit by running spoon next to skin
2. Place avocado in bowl and mash with fork; immediately mix in lime juice, incorporating well.
3. Mix in remaining ingredients; serve immediately.

### Black Bean Dip

#### Ingredients

- 2 cups cooked drained black beans
- 4 teaspoons tomato paste
- 3 tablespoons water
- 2 cloves garlic, minced
- 2 teaspoons lime juice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt (to taste)
- 1/8 teaspoon cayenne pepper (to taste)
- 2 green onions (scallions), chopped
- 2 tablespoons jalapeño chillies, chopped

#### Directions

1. Process all ingredients except green onions and chillies in a blender or food processor until smooth.
2. Stir in green onions and chillies and place in a serving bowl.

## Mexican Street Salad

### Ingredients

- 1/2 a small white cabbage
- 1/2 a small red cabbage
- A small bunch of radishes (about 10), trimmed and finely sliced
- 2 carrots, peeled and finely sliced
- A large bunch of fresh coriander, leaves and stalks finely chopped
- 2 large jalapeño chillies (or other green chilli), to taste, finely sliced
- 1 red onion, peeled and finely sliced
- Extra virgin olive oil
- Juice of 2-3 limes
- Sea salt

### Directions

1. Use a food processor with a slicer attachment. If not available, use a speed peeler.
2. Shred white and red cabbage into two separate piles.
3. Put just the white cabbage into a large bowl with the radishes, carrots and most of the coriander.
4. Mix everything together really well. ,
5. Add almost all the chopped chilli, the sliced red onion and a good few lugs of extra virgin olive oil.
6. Add most of the lime juice and a good pinch of salt, then toss together and have a taste.
7. Just keep adjusting everything, adding more fragrance with the coriander, heat with the last of the chilli and acid with another squeeze of lime juice, until it's just right for you.
8. When you're happy, fold in the red cabbage right before serving so it doesn't stain everything, and tuck in.

## Spicy Chicken, Mango & Jalapeño salad

### Ingredients

- 250g pack cherry tomatoes, sliced or quartered
- 2 tablespoons finely chopped jalapeños
- small handful coriander, roughly chopped
- juice 1 lime
- 1 small red onion, finely chopped
- 1 tablespoon extra-virgin olive oil
- 2 cooked chicken breasts, torn into bite-sized shreds
- 2 Little Gem lettuces, torn into bite-sized pieces
- 1 red pepper, deseeded and sliced
- 1 ripe mango, stoned, peeled and diced
- handful tortilla chips, broken up a little

### Directions

1. Put the cherry tomatoes, jalapeños, coriander, lime juice, onion and oil in a large bowl with some seasoning.
2. Pop the remaining ingredients, except the tortilla chips, on top of the dressing. Gently mix the salad together to coat.
3. Sprinkle the tortilla chips over the top and serve immediately.

## Chicken Tortilla Soup

### Ingredients

- 1 teaspoons olive oil
- 1/2 medium onion, chopped
- 2 garlic cloves, minced
- 1/2 medium jalapeno pepper, chopped
- 1/2 medium green pepper
- 2 chicken breasts
- 1 cups frozen corn
- 1/4 cup dry white wine or 1/2 cup water
- 1 teaspoon cumin
- 1/4 teaspoon chili powder
- 1/4 teaspoon cayenne pepper
- 2 (14 ounce) cans chicken broth
- 1 (14 ounce) cans diced tomatoes
- 1 (8 ounce) cans tomato sauce

### Directions

1. Sauté onion, garlic, jalapeño and green pepper with olive oil in a large pot until soft.
2. Add all the rest of the ingredients to the large pot and bring to a boil.
3. After about 15 minutes, remove the chicken breasts and shred.
4. Return shredded chicken to the pot and simmer an additional 45 minutes.
5. Serve, topped with crushed tortilla chips.

## Steak Fajitas

### Ingredients

- Marinade
  - 1/2 orange, juiced
  - 1 lime, juiced
  - 2 tablespoons olive oil
  - 1 garlic cloves, roughly chopped
  - 1 jalapeño chilli, chopped
  - 2 tablespoon roughly chopped fresh coriander leaves
  - 1/2 teaspoon ground cumin
  - 1 teaspoon salt
- 600g skirt or flank steak, trimmed of fat cut into thirds or 8-inch pieces
- Salt and pepper
- 2 red bell peppers, thinly sliced
- 1 large onion, thinly sliced
- Lime juice, olive oil, optional
- 12 flour tortillas, warm
- Guacamole
- Salsa
- Sour cream
- Shredded cheese

### Directions

1. Combine all the marinade ingredients and puree until smooth. Transfer to a re-sealable plastic bag and add the steak, seal and shake to coat.
2. Refrigerate the marinade and beef for 2 to 4 hours or overnight.
3. Preheat a ridged grill pan on high heat.
4. Drain the marinade from the beef.
5. Lightly oil the grill or grill pan.
6. Season beef liberally with salt and freshly ground black pepper.
7. Grill the steak over medium-high heat and cook for 4 minutes on each side and then transfer to a cutting board and let rest.
8. Add bell peppers and onions tossed with lime juice and olive oil in pan. Grill the mixture for 7 to 8 minutes until the vegetables are just barely limp.
9. While the peppers and onions are cooking, heat up the tortillas.
10. Lightly dampen a tea towel with some water, wrap the tortillas in the damp towel and heat in the microwave for about 1 minute. Check to see if they are warm, if not repeat the heating at 1 minute intervals until they are warm and pliable.
11. Thinly slice the steak against the grain on a diagonal.
12. Serve with guacamole, salsa, sour cream and shredded cheese.

### Quantity Reference

1 teaspoon	≈	5ml
1 tablespoon	≈	15ml
1 cup	≈	250ml