



Caroline's Spicy Beans on Flatbreads

Caroline Nelson is owner and chef at Nelly's, Drumcondra, Dublin. Offering breakfast, lunch on weekdays and brunch at weekends, they always cook what they love to eat themselves.

Serves 2 (each serving contains approximately 490 kcal)



Ingredients

1 small onion
1 small mild red chilli (optional)
1 garlic clove
½ red onion
2 ripe tomatoes
20g fresh coriander
2 limes
1/4 ripe avocado
400g tin black-eyed beans

2 tsp rapeseed oil (10g)
2 teaspoons smoked paprika
1 teaspoon ground cumin
400g tin chopped tomatoes
2 eggs
1 teaspoon white wine vinegar (5g)
2 wholemeal flatbreads (35g each)
4-6 jalapeños (drained from a jar – optional)
salt (optional) and freshly ground black pepper

Method

To make the beans, cut the onion in half, then peel and finely chop. Cut the chilli in half, if using and remove the seeds and finely chop. Trim the garlic, then peel and finely chop.

To make the salsa, peel the red onion and finely chop. Cut the tomatoes into quarters, then remove the seeds and finely chop. Strip the leaves from the coriander and finely chop (reserving a few leaves to garnish). Place everything in a bowl and season lightly with salt (optional) and freshly ground black pepper. Cut one of the limes in half and add the juice of half to taste, stirring to combine.

Remove the stone from the avocado and peel, then scoop the flesh into a bowl. Squeeze in the other half of lime juice and season lightly with salt (optional) and freshly ground black pepper.

Mash with a fork to a smooth puree.

Cut the other lime into wedges and set aside as a garnish.

Drain the black-eyed beans and rinse in a colander under cold running water.

Heat a non-stick frying pan over a medium heat. Add the oil and sauté the onion, chilli (if using) and garlic for 2 minutes until softened but not coloured. Stir in the paprika and cumin and cook for another minute. Stir in the tinned tomatoes and then season lightly with salt (optional) and freshly ground black pepper. Reduce the heat and simmer gently for 10-15 minutes until slightly reduced and thickened.

Bring a large pan of water to a bare simmer with the vinegar. Break each egg into a teacup and then quickly swirl the water and tip in the eggs one at a time. Cook for 3 minutes and then remove with a slotted spoon and drain on kitchen paper, trim if necessary.

Stir the beans into the tomato sauce and allow to warm through. Warm the wraps on a frying pan for 10-15 seconds on each side and put on plates. Divide the spicy beans between them and add the avocado. Sprinkle over the coriander and jalapeños, if using. Garnish the spicy beans on flatbreads with the coriander leaves and lime leaves to serve.