



AUSTRALIA'S FAVOURITE for MEXICAN



Slow Cook Beef & Bean Soft Shell Tacos

PREP 10 mins
COOK TIME 8 hrs
MAKES 8

Delicious slow cooked, pulled beef perfect for Taco Tuesday's



Ingredients

1 onion, sliced
1kg piece beef chuck
2 cups beef stock
⅓ cup Leggo's tomato paste
30g sachet taco seasoning
2 cloves garlic, crushed
400g can **Edgell Red Kidney Beans**, drained
Mexican slaw (see next page)
Tortillas, diced tomato and guacamole, for serving

Method

1. Place onion in the bottom of a slow cooker, top with beef. Combine stock, tomato paste, taco seasoning, garlic and pour over beef. Cook on low for 8 hours or on high for 4 hours or until beef starts to fall apart.
2. Remove beef from slow cooker and set aside. Place sauce and Edgell Red Kidney Beans into a medium saucepan. Bring to the boil, reduce heat and simmer for 10 minutes or until sauce is reduced, stirring occasionally.
3. Meanwhile, pull beef into shreds.
4. Stir beef through reduced sauce and serve in tortillas with a Mexican slaw, tomato and guacamole.



Put your slow cooker on in the morning, the aroma will fill the house teasing all the family as they eagerly await for dinner.

Mexi-Slaw

PREP 20 mins
NO COOK TIME
SERVES 4

A Mexican twist on coleslaw, perfect served as a salad or in tacos



Ingredients

- 400g can **Edgell Black Beans**, rinsed and drained
- 420g can **Edgell Super Sweet Corn Kernels**, drained
- ¼ small red cabbage, shredded
- 1 large carrot, shredded or julienned
- 3 spring onions, thinly sliced
- 1 bunch fresh coriander, leaves only

DRESSING:

- Zest and juice of 1 lime
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- Pinch sugar

Method

1. Combine salad ingredients in a large bowl, cover and refrigerate until required.
2. Combine dressing ingredients in a screw top jar, shake well. Pour over salad when ready to serve.



Toss some cooked and shredded BBQ chicken through this salad for a complete meal

Mexican Rice

Mexican style smoky rice with Edgell Mexican Bean mix and Corn

PREP 20 mins
COOK TIME 25 mins
SERVES 4



Ingredients

1½ tablespoons oil
1 red capsicum, cut into strips
1 red onion, diced
1 clove garlic, crushed
2 tablespoons taco seasoning
1 cup long grain rice
¼ cup Leggo's tomato paste
1L chicken stock
400g can **Edgell Mexican Mix**, drained
420g can **Edgell Corn Kernels**, drained
¼ cup chopped fresh coriander, plus extra for garnish

Method

1. Heat 1 tablespoon oil in a large deep sided frypan over high heat. Add capsicum and cook for 1-2 minutes or until charred. Remove from pan and set aside.
2. Reduce heat to medium and add remaining oil, onion and garlic, sauté for 2-3 minutes. Stir in taco seasoning and cook for 1 minute, stirring regularly.
3. Add rice and stir well and cook for a minute. Stir in tomato paste and cook for a further 1 minute. Pour in stock and bring to the boil. Reduce heat, cover and simmer for 15 minutes or until rice has almost absorbed all of the water.
4. Gently stir in Edgell Mexican Mix, Edgell Corn Kernels, capsicum and coriander. Heat through.



Serve with char grilled steak, or a side at any Mexican banquet.

Chilli Con Carne Tortilla Cups

PREP 10 mins
COOK TIME 35 mins
MAKES 6

Crispy tortilla cups perfect for snacking or starters



Ingredients

10 mini flour tortillas
1 tablespoon oil
1 onion, diced
2 cloves garlic, crushed
500g lean beef mince
400g can chopped tomatoes
¼ cup Leggo's tomato paste
400g can **Edgell Black Beans**, rinsed, drained
1 small red capsicum, diced
1 teaspoon tabasco sauce
Sour cream, tasty cheese and coriander leaves, for serving

Method

1. Microwave tortillas following packet directions to soften. Grease a Texas muffin pan and line each casing with a tortilla. Cook in a preheated oven at 200°C for 5-6 minutes or until tortillas start to brown. Remove from oven and set aside to crisp.
2. Meanwhile, heat oil in a large frypan over high heat. Add onion, garlic and mince and cook for 5 minutes or until browned.
3. Reduce heat and stir in tomatoes, tomato paste, Edgell Black Beans, capsicum and tabasco sauce. Simmer uncovered for a further 5 minutes.
4. Divide beef mixture evenly between cups and top with a dollop of sour cream. Serve immediately with cheese and fresh coriander leaves.



The filling is also suitable for making enchiladas or quesadillas.

Prawn Skewers with Salsa

PREP 15 mins
COOK TIME 10 mins
SERVES 2

Anything more Mexican than a salsa? Which means Edgell corn and beans!!



Ingredients

2 tablespoons oil
125g can **Edgell Corn Kernels**, drained
270g packet chilled John West Prawns in
Garlic & Herb Marinade
125g can **Edgell Black Beans**, drained
1 small tomato, de-seeded and chopped
½ small red onion, diced
1 long red chilli, de-seeded and finely
chopped
Finely grated zest and juice of ½ lime
Watercress and fresh coriander leaves, for
serving

Method

1. Heat 2 teaspoons oil in a medium frypan over high heat. Add Edgell Corn Kernels and cook for 3-5 minutes or until charred, tossing regularly. Remove corn from heat and allow to cool slightly.
2. Thread prawns onto skewers. Add 1 tablespoon oil to frypan and cook prawns over high heat for 2-3 minutes on each side or until cooked through.
3. Toss charred corn with Edgell Black Beans, tomato, onion, chilli, lime juice and remaining oil. Serve prawns with salsa, watercress and coriander leaves.



For a taco alternative, cook prawns without skewers, fill warm taco shells or soft shell tortillas with prawns, salsa and coriander

Mexican Bean Nachos

PREP 10 mins
COOK TIME 5 mins
SERVES 2-4

Nachos - the ultimate go to snack made better with Edgell!



Ingredients

200g corn chips
½ cup grated tasty cheese
100g pouch **Edgell Red Kidney Beans**
125g can **Edgell Corn Kernels**, drained
½ cup Mexican salsa
1 avocado, sliced
1 spring onion, finely chopped
½ cup natural yoghurt or sour cream

Method

1. Arrange corn chips in a heatproof bowl. Sprinkle with cheese and grill until melted.
2. Combine Edgell Red Kidney Beans, Edgell Corn kernels and salsa. Spoon over corn chips, top with avocado and spring onion and serve dolloped with yoghurt or sour cream.



Edgell beans and salsa mix can be warmed before topping on corn chips.

If avocado is very ripe, trying lightly mashing rather than slicing.

Chilli Con Carne with vegetables

PREP 10 mins
COOK TIME 25 mins
SERVES 4

Who doesn't love Chilli Con Carne, add some vegetables and it's a complete meal.



Ingredients

- 2 teaspoons olive oil
- 1 medium onion, finely chopped
- ½ teaspoon chilli flakes
- 1 teaspoon ground cumin
- 2 teaspoons brown sugar
- 500g lean beef mince
- 400g can diced tomatoes
- 400g can **Edgell Red Kidney Beans**, drained
- ¼ cup Leggo's tomato paste
- ½ cup beef stock
- 2 cups frozen Birds Eye Country Harvest garden mix vegetables
- 2 cups cooked long grain rice

Method

1. Heat oil in frypan, add onion and sauté for 2-3 minutes or until tender. Add chilli flakes, cumin and sugar and continue to cook for 1 minute.
2. Add beef and stir until browned. Add tomatoes, Edgell Red Kidney Beans, tomato paste and stock, simmer for 5 minutes stirring occasionally.
3. Stir in frozen vegetables and bring to the boil. Cook for 10 minutes or until tender. Serve with cooked rice.



Draining and not rinsing your Edgell Beans means you don't need to season with salt.

Mexican Style Chicken Bake

PREP 10 mins
COOK TIME 55 mins
SERVES 4

Mexican spiced baked chicken served with a warm bean and corn salsa.



Ingredients

- 1 tablespoon chopped pickled jalapenos
- 2 tablespoons olive oil
- 2 teaspoons dried oregano
- 2 teaspoons ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 6-8 chicken thigh cutlets, skin on
- 300g can **Edgell Corn Kernels**, drained
- 400g can **Edgell Mexican Mix**, drained
- 2 spring onions, chopped
- 1 small red capsicum, chopped
- Fresh coriander leaves, for garnish

Method

1. Combine jalapenos, oil, oregano, cumin, onion and garlic powder in a large bowl. Add chicken and toss to coat well.
2. Place chicken in a baking dish, spoon over any residual sauce, cover and bake in a preheated oven at 180°C for 40 minutes.
3. Meanwhile, combine Edgell Corn Kernels, Edgell Mexican Mix, spring onions and capsicum in a separate bowl.
4. Remove chicken from oven and sprinkle corn and bean salsa around the chicken, gently mixing with liquid from the chicken. Return to oven uncovered for a further 15 minutes or until chicken has browned.
5. Serve chicken garnished with coriander.

For extra kick, add extra chopped pickled jalapenos to the corn and bean salsa in STEP 3 before baking.

A taco or Mexican seasoning can be substituted for dried spices.



Salmon & Corn Quesadillas

PREP 5 mins
COOK TIME 5 mins
MAKES 3

Quesadillas are perfect for an afterschool snack or an addition to a Mexican feast!



Ingredients

415g John West Pink Salmon, drained, bones removed and flaked
1/3 cup mayonnaise
2 spring onions, finely chopped
125g can **Edgell Diced Capsicum**, drained
125g can **Edgell Super Sweet Corn Kernels**, drained
6 tortillas
1/2 cup grated tasty cheese
Oil spray
Lime wedges, for serving
Coriander and mint leaves, for garnish

Method

1. Combine salmon, mayonnaise, spring onions, Edgell Diced Capsicum and Edgell Super Sweet Corn Kernels in a bowl until salmon is smooth.
2. Divide and spread salmon mixture between 3 tortillas. Sprinkle each with cheese and cover with remaining tortillas.
3. Heat a frypan over medium heat. Spray each tortilla with oil on both sides and toast quesadillas on both sides until golden. Cut into wedges and serve immediately with lime wedges. Garnish with mint and coriander leaves.



Quesadillas can be heated in a sandwich press, spoon mixture over half a tortilla then fold over to cover to fit in a press.

Spiced Chicken with Charred Corn & Rice

PREP 20 mins
COOK TIME 25 mins
SERVES 4

Perfect for summer on the barbecue.



Ingredients

- 4 chicken thigh fillets, cut into large dice
- 3 teaspoons smoked paprika
- 2 teaspoons ground cumin
- 2 tablespoons oil
- 420g can **Edgell Corn Kernels**, drained
- 250g packet microwave Mexican rice
- 400g can **Edgell Red Kidney Beans**, drained
- ½ cup coriander leaves
- 1 small red onion, diced
- 1 tomato, de-seeded and diced
- 1 avocado, diced
- Juice of 1 lime

Method

1. Coat chicken with paprika and cumin. Skewer pieces of chicken onto skewers.
2. Heat 1 tablespoon oil on a BBQ hot plate over high heat. Spoon on Edgell Corn Kernels and cook for 5-6 minutes or until charred, tossing regularly. Remove from heat and set aside.
3. Reduce heat to medium and heat remaining oil. Cook chicken on each side for 10 minutes, or until cooked through, turning regularly.
4. Meanwhile, heat rice following packet directions. Transfer to a large bowl and stir Edgell Red Kidney Beans and coriander through rice.
5. Combine charred corn with onion, tomato, avocado and lime juice. Serve with chicken and Mexican rice.



Microwaveable Mexican rice can be found in most supermarkets in the rice aisle.

Mexican Prawn Tostadas

PREP 20 mins
COOK TIME 4 mins
MAKES 8

Great appetiser to any meal or a delicious snack idea



Ingredients

2 teaspoons taco seasoning
250g small raw prawns, shelled
1 tablespoon oil
400g can **Edgell Mexican Mix**, drained
125g can **Edgell Corn Kernels**, drained
1 tomato, de-seeded and diced
1 avocado, diced
1-2 spring onions, chopped
2 teaspoons olive oil
Juice 1 small lime
8 x 10cm flat taco shells
Coriander, for garnish

Method

1. Sprinkle taco seasoning over prawns. Toss to coat well. Heat oil in a non stick frypan over high heat. Add prawns and cook both sides for 1-2 minutes or until cooked through.
2. Combine the cooked prawns, Edgell Mexican Mix, Edgell Corn Kernels, tomato, avocado, spring onion, olive oil and lime juice. Spoon a small amount of prawns and salsa on each tostada. Garnish with coriander and serve immediately.



Flat taco shells are available in most large supermarkets in the Mexican section.

Saucy Black Bean Fajitas

Full of flavour and an easy to prepare meal for the entire family to enjoy.

PREP 10 mins
COOK TIME 15 mins
MAKES 8



Ingredients

2 tablespoons extra virgin olive oil
1 large red onion, thinly sliced
1 large red capsicum, sliced
2 teaspoons ground cumin
1 teaspoon smoked paprika
500g chicken tenderloins
1 cup Leggo's tomato passata
400g can **Edgell Black Beans**, rinsed and drained
125g can **Edgell Corn Kernels**, drained
Tortillas, reduced fat sour cream, coriander and lime wedges, for serving

Method

1. Heat half the oil in a large non stick frypan over medium heat, sauté onion and capsicum until softened. Remove and set aside.
2. Meanwhile, combine cumin and smoked paprika and sprinkle over chicken to coat. Heat remaining oil in same frypan over a medium heat. Cook chicken for 2-3 minutes on each side or until golden.
3. Add tomato passata and cook for 5 minutes or until chicken is cooked through. Stir through Edgell Black Beans and Edgell Corn Kernels.
4. Spread each tortilla with sour cream, top with chicken, beans, corn and capsicum mixture. Serve with coriander and lime wedges.



Tortillas can be warmed in non stick frypan or flashed directly over a gas flame to slightly char and give flavour.

Santa Fe Pizza

PREP 10 mins
COOK TIME 15 mins
MAKES 1

A classic fusion of cuisines and flavours - Mexican pizza, a winning combination!



Ingredients

- 1 large prepared pizza base
- ½ tomato salsa
- 100g pouch **Edgell Red Kidney Beans**
- 125g can **Edgell Corn Kernels**, drained
- 1 small red capsicum, chopped
- 1 small green capsicum, chopped
- ½ cup grated tasty cheese
- ½ cup grated mozzarella cheese
- ½ cup light sour cream
- 2 tablespoons chopped chives
- Corn chips, for garnish

Method

1. Place pizza base onto a lightly greased oven tray. Spread base with salsa, top with Edgell Red Kidney Beans, Edgell Corn, capsicums and grated cheeses evenly on top.
2. Bake in a preheated oven at 200°C for 10-12 minutes until cheese is melted and pizza are browned.
3. Serve the pizza topped with light sour cream and a sprinkle of chopped chives. Garnish with corn chips.



Adjust heat level depending on mild or hot salsa.