



Ingredients, Equipment, Adaptations

Viva Mexico

Pico de Gallo

2 medium red tomatoes
1 spring onion,
1 small red chilli,
Juice of 1 lime
¼ tsp salt

Alternatives and Adaptations

Red or green chilli, chilli flakes if you don't want fresh.
A little bit of red or green pepper if you don't want any chilli heat.
Juice of lime or lemon

Minty Guacamole

1 medium ripe avocado
1 spring onion,
Juice of ½ lime
2 tbsp coriander,
1 tbsp mint leaves,
Pinch of salt and pepper

Alternatives and Adaptations

Red onion could also be used.
Lime or lemon juice
Parsley if you don't like coriander

Pulled Chipotle Chicken

2 large or 4 small chicken thighs with bone and skin
Small tin chopped tomatoes
1 clove garlic
2 tsp soft brown sugar
1 tsp fresh or ½ tsp dried oregano
½ - 1 tsp chilli powder
½ tsp ground cumin
pinch of ground cinnamon
pinch of ground allspice
1 tsp chipotle sauce

Alternatives and Adaptations

Chicken thighs are best, chicken breast will dry out & not 'pull' very well.
If you can't get chipotle sauce, a teaspoon of chilli sauce and a teaspoon of smoked paprika is good.

Tortillas

100g plain flour
Pinch of salt
1 tbsb olive oil
50ml warm water

Alternatives and Adaptations

A mixture of cornflour & maize meal can be used for gluten free tortillas, but are more tricky to make. You might want to buy some instead.

Refried Beans

100g dried pinto beans,
1 small onion,
1 tsp chipotle chilli paste
1 green chilli,
1 clove garlic,
1 tbsp oil
1 tsp cumin
½ tsp smoked paprika
1 spring onion,
Salt & pepper
2 tbsp grated cheese
1 tbsp coriander or parsley

Alternatives and Adaptations

Pinto beans are the usual ones used for refried beans. Black eyed, black beans, red kidney beans or adzuki beans would also work.

Dried are best.

Green or red chilli, chilli flakes if you don't have fresh.

Spring onion or chives

A strong cheese with good flavour is good. Monterey Jack or cheddar.

Equipment

Chopping board

Knife

2 x pots with lids

2 x mixing bowls

Small & large frying pans

Measuring jug

Kitchen paper/tea towel

Serving bowls/dishes