

# ROALD DAHL Revolting Recipes



## Recipe #3



# HASBEANS

**Starter**

From Charlie and the  
Chocolate Factory

Makes 6



## YOU WILL NEED


### EQUIPMENT

- Saucepan with a lid
- Medium-sized cookie cutter – the same size or smaller than the muffin tin’s holes
- Muffin tin





## INGREDIENTS

- 2 tbsp vegetable oil
  - 1 onion, finely chopped
  - 2 garlic cloves, crushed
  - 400 g tin chopped tomatoes
  - 1 tbsp tomato puree
  - Salt and pepper
  - 2 soft flour tortillas
  - 400 g tin haricot beans, rinsed
  - 2 tbsp Parmesan cheese, grated
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## WHAT YOU NEED TO DO

1. Preheat the oven to 160° C/325° F/ gas mark 3.
2. Add the onion and a pinch of salt to the saucepan with oil. Cook over a low heat with a lid on until the onions are very soft but haven't changed colour – this could take up to 10 minutes. Add the garlic for the last 2 minutes.
3. When the onions are done, add the tin of tomatoes, the tomato puree and a pinch of salt and pepper. Cover the saucepan with a lid and continue cooking on a very low heat for 15 minutes.



4. While the filling is cooking, make the tortilla cups. Use your cooking cutter to cut three circles out of each of the tortillas.
5. Place the tortilla circles into the muffin tin. It's important to try and get the bottom of them flat. Put them in the oven for 5 minutes until they have gone crispy, and then remove from the oven and allow to cool.



6. Add the beans to the tomato sauce and cook, still on a very low heat, for another 15 minutes.
7. When it is ready, carefully spoon the bean and tomato mix into the tortilla cups. Sprinkle with the Parmesan and eat when cool enough.





  
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