



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BLACK BEANS

Black beans can be cooked in a variety of ways without losing much of their nutritional properties, even when exposed to high temperatures.



2. BLACK BEAN TACO SALAD

A zesty lime coleslaw with spiced corn and beans, crunchy totopos chips and a creamy cajun spiced cashew cheese.

 25 Minutes

 2 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
26g	52g	98g

13 April 2020

FROM YOUR BOX

CASHEWS/NUTRITIONAL YEAST	1 packet
CORN COB	1
BLACK BEANS	400g
BABY WOMBOK CABBAGE	1/2 *
RED CAPSICUM	1/2 *
LEBANESE CUCUMBER	1
LIME	1
TOTOPOS CHIPS	1 bag

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, cajun spice (or ground cumin), smoked paprika, red wine vinegar

KEY UTENSILS

frypan, stick mixer or blender

NOTES

Add mayonnaise to the coleslaw for a sweeter, creamier finish.



1. SOAK THE CASHEW MIX

Soak cashew mix in **1/3 cup water** and **1 tbsp vinegar**. Add **1/2 tsp cajun spice**. Set aside.



2. ROAST THE CORN & BEANS

Remove corn from cob, drain and rinse beans. Add to a frypan over medium-high heat with **1 tsp smoked paprika, oil, salt and pepper**. Cook for 6-8 minutes until fragrant and charred.



3. PREPARE THE COLESLAW

Meanwhile, slice cabbage, capsicum and cucumber. Toss with 1/2 lime zest and juice (wedge remaining) and **1 tbsp olive oil**.



4. MAKE THE CASHEW CHEESE

Blend cashew mix together until smooth using a stick mixer or blender. Season with **salt and pepper** to taste.



5. FINISH AND PLATE

Divide totopos chips, coleslaw and corn among bowls. Serve with a dollop of cashew cheese and a lime wedge.