



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Totopos Chips


These totopos chips from La Tortilleria are authentic artisan tortilla chips. They are deliciously crunchy, and perfect for dipping in guacamole, salsa, and nachos. These are not your average corn chips!



H4 Spiced Bean Nourishing Bowl with Totopos Chips

A warming, hearty and flavourful bean bowl, served with mashed avocado and totopos chips.

 25 minutes

 4 servings

 Vegetarian

25 March 2022

Spice it up!

If you like a bit more kick to your dish, go ahead and add some heat! A few drops of your favourite hot sauce, some adobo chilli sauce, dried chilli flakes or garnish with freshly sliced jalapeño.

Per serve: **PROTEIN** 24g **TOTAL FAT** 28g **CARBOHYDRATES** 72g

FROM YOUR BOX

BROWN ONION	1
TOMATO PASTE	1 sachet
GREEN CAPSICUM	1
RED CAPSICUM	1
TINNED BEANS	2 x 400g
AVOCADO	1
SILVERBEET	1 bunch
TOTOPOS CHIPS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, dried oregano, balsamic vinegar

KEY UTENSILS

large saucepan

NOTES

If you have the time, simmer the beans semi-covered for 30 minutes. You could also cook in a slow cooker. This will develop the flavours more.

Serve with a dollop of sour cream or natural yoghurt, and some sliced fresh herbs such as coriander, parsley, or chives if you have some.



1. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil**. Thinly slice onion and add to pan as you go along with tomato paste, **3 tbsp smoked paprika** and **2 tbsp dried oregano**. Sauté for 2-3 minutes until onion begins to soften.



2. SIMMER THE BEANS

Chop capsicums and add to saucepan. Pour in beans (including liquid) and **1 1/2 tins water**. Stir to combine. Simmer, semi-covered, for 10 minutes (see notes). Season with **salt and pepper**.



3. MASH THE AVOCADO

Add avocado to a bowl along with **2 tbsp olive oil**. Mash to a rough consistency. Season with **salt and pepper**.



4. ADD THE SILVERBEET

Thinly slice silverbeet leaves. Add to saucepan along with **2 tbsp vinegar**. Stir through beans to wilt silverbeet.



5. FINISH AND SERVE

Divide beans among bowls. Dollop over mashed avocado and serve with totopos chips (see notes).

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

