



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lime

Before cutting, roll your lime between your palm and benchtop, tenderising the fruit and making it easier to juice!



J2

Tempeh and Corn Nachos with Salsa and Lime Drizzle

Tempeh and fresh corn are the base of these delicious nachos. Seasoned with some everyday pantry staples and served with salsa and avocado, lime dressing.



30 minutes



2 servings



Plant-Based

7 October 2022

Mix it up!

Keep the components separate and sprinkle them over the top of the nachos instead of making the salsa. If you have some plant-based cheese in the fridge, add it to the top and put it into the oven for 5 minutes.

| | | | |
|------------|----------------|------------------|----------------------|
| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
| | 28g | 60g | 62g |

FROM YOUR BOX

| | |
|-----------------|----------|
| SPRING ONIONS | 1 bunch |
| TEMPEH | 1 packet |
| CORN COB | 1 |
| LIME | 1 |
| AVOCADO | 1 |
| TOMATO | 1 |
| GREEN CAPSICUM | 1 |
| TORTILLA STRIPS | 1 packet |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, ground cumin, dried oregano, vinegar (of choice, we used white wine)

KEY UTENSILS

large frypan, stick mixer/small processor

NOTES

Serve with some fresh chilli or chilli sauce for extra heat.



1. SAUTÉ THE SPRING ONION

Set oven to 220°C.

Heat a frypan over medium-high heat with **oil**. Slice spring onions (reserve some green tops for garnish) and add to pan along with **1 tbsp smoked paprika**, **1/2 tbsp ground cumin** and **1 tsp oregano**.



4. MAKE THE SALSA

Dice tomato, capsicum and remaining avocado. Toss together in a bowl with **1 tbsp olive oil**, **1/2 tbsp vinegar**, **salt and pepper**.



2. MAKE THE NACHO MIX

Crumble tempeh into a processor bowl and pulse to a mince like consistency. Remove corn kernels from cob. Add to frypan along with **1/2 cup water**. Simmer, semi-covered, for 5 minutes.



5. FINISH AND SERVE

Spread corn chips over a serving platter and top with nacho mix. Drizzle over lime dressing and sprinkle with reserved spring onion green tops. Serve with salsa on the side (see notes).



3. MAKE THE LIME DRESSING

Zest and juice lime. Peel and dice **1/2 avocado**. Place into a jug with lime juice, **3 tbsp olive oil** and **1/2 cup water**. Blend with **1/2 tsp smoked paprika**. Fold through 1 tsp lime zest and season to taste with **salt and pepper**.

6. FINISH AND SERVE

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**

