



### Product Spotlight: Nutritional Yeast

Nutritional yeast is a deactivated yeast and rich source of B complex vitamins. It is a great cheese substitute and is part of the sour cream mix for this meal.



## Quinoa Nachos with Pickled Cabbage

Authentic corn totopos chips topped with Mexican quinoa "mince", pickled cabbage and fresh salsa toppings and finished with a dollop of "cheesy" cashew sauce.



30 minutes



2 servings



Plant-Based

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### Spice it up!

*Add some dried oregano, cayenne pepper or ground coriander to the quinoa for a little more excitement in the flavour! Have a spare avocado? Dice it up and add it to the toppings.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	26g	103g

## FROM YOUR BOX

SOUR CREAM MIX	1 packet (50g)
WHITE QUINOA	1 packet (100g)
TOMATO PASTE	1 sachet
RED CABBAGE	1/4
TOMATO	1
CORN COB	1
CORIANDER	1 packet
JALAPEÑO CHILLI	1
TOTOPOS CHIPS	1 bag (200g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar, ground cumin, ground turmeric (optional), sugar (of choice)

## KEY UTENSILS

frypan with lid, stick mixer or blender

## NOTES

Save any extra totopos chips and cashew sauce for a snack!

**Sour cream mix contains:** nutritional yeast and raw cashews.



### 1. SOAK THE SOUR CREAM MIX

Soak sour cream mix in **1/3 cup water**, **1 tbsp vinegar** and **1/8 tsp turmeric** (optional). Set aside.



### 2. COOK THE QUINOA

Heat a frypan over medium heat with **oil**. Add quinoa, **1/2 sachet tomato paste**, **1 tbsp cumin** and **1 cup water**. Simmer, covered, for 15 minutes until water is absorbed. Stir in **1/4 cup water**, season with **salt and pepper**.



### 3. PREPARE THE TOPPINGS

Shred cabbage (use to taste) and place in a bowl. Toss with **1 tsp sugar**, **1 1/2 tbsp vinegar** and **salt**. Set aside.

Dice tomato. Remove corn from cob. Chop coriander and slice jalapeño. Set aside.



### 4. BLEND THE SOUR CREAM

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



### 5. FINISH AND PLATE

Divide totopos chips among plates. Top with quinoa, pickled cabbage and fresh toppings. Finish with a dollop of sour cream.

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