



Product Spotlight: Avocado


Avocados contain more potassium than bananas as well as nutrient-rich fats that helps you feel fuller for longer. They are also a good source of vitamins E, C, B6, folate and niacin.



L4 Family Bean Nacho Platter

This quick and easy nacho platter is sure to please everyone at the table! With hearty beans, corn tortilla strips, fresh avocado and tangy sour cream, you can whip this platter up with ease!

 25 minutes

 4 servings

 Vegetarian

3 June 2022

Spice it up!

You can add something to this recipe that makes it more exciting if you're an adventurous foodie, or you want to add a little more excitement to your cooking!

Per serve: **PROTEIN** 38g **TOTAL FAT** 61g **CARBOHYDRATES** 87g

FROM YOUR BOX

SPRING ONION	1 bunch
TOMATO PASTE	1 tub
CARROTS	2
RED CAPSICUM	1
TINNED BEANS	2 x 400g
AVOCADOS	2
TORTILLA STRIPS	1 packet
SHREDDED CHEDDAR CHEESE	1 packet
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, smoked paprika

KEY UTENSILS

large frypan, oven tray

NOTES

Use the avocado to make guacamole if desired.



1. SAUTÉ THE AROMATICS

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil**. Thinly slice spring onions (reserve green tops) and add to pan along with tomato paste, **1 tbsp cumin** and **1 tbsp smoked paprika**. Sauté for 1 minute.



2. SIMMER THE BEANS

Grate carrots and dice capsicum. Add to pan as you go. Pour in beans (including liquid) and simmer, uncovered, for 10 minutes. Season with **salt and pepper**.



3. PREPARE THE AVOCADO

Thinly slice avocados (see notes).



4. PREPARE THE NACHOS

Spread tortilla strips evenly on a lined oven tray. Spoon over bean mix and sprinkle over cheese. Bake in the oven for 5 minutes or until cheese is melted.



5. FINISH AND SERVE

Add slices of avocado to nachos. Dollop with sour cream and garnish with reserved spring onion green tops.

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

