



### Product Spotlight: Kidney Beans

Most bean varieties grow as a climbing plant. Native Americans taught colonists to grow beans alongside corn so that the bean plants could climb the cornstalks.



## Nachos with Cashew Queso

Veggie-packed nachos served with tortilla strips, fresh avocado salsa and homemade queso.

### Spice it up!

*This dish would be great with a hit of spice. Add a fresh chilli, some pickled jalapeños, dried chilli flakes or your favourite hot sauce for an extra kick.*



30 minutes



2 servings



Plant-Based

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	32g	46g	124g

## FROM YOUR BOX

CASHEW QUESO MIX	1 packet (65g)
MEXICAN SPICE MIX	1 packet
SPRING ONIONS	1 bunch
TOMATO PASTE	1 sachet
YELLOW CAPSICUM	1
CORN COB	1
TINNED KIDNEY BEANS	400g
AVOCADO	1
TOMATO	1
TORTILLA STRIPS	1 packet (230g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, red wine vinegar

## KEY UTENSILS

large frypan, kettle, stick mixer (or small blender)

## NOTES

Soak cashew queso mix in hot water to help the cashews soften.

If you like a bit of heat, add a few teaspoons of hot sauce to your queso mix.

*Cashew queso mix: raw cashews, nutritional yeast.*



### 1. SOAK THE QUESO MIX

Boil the kettle.

In a bowl, soak the cashew queso mix with 1 tsp of the Mexican spice mix and 1/3 cup hot water (see notes). Leave to soak.



### 2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Thinly slice spring onion (reserve green tops). Add to pan along with tomato paste and remaining Mexican spice mix. Cook, stirring, for 1 minute.



### 3. COOK THE NACHO FILLING

Dice capsicum and remove corn kernels from cob. Add to pan as you go along with kidney beans (including liquid). Cook, stirring, for 5–6 minutes or until vegetables are tender. Season with **salt and pepper**.



### 4. PREPARE THE FRESH SALSA

Dice avocado and tomato. Add to a bowl along with reserved spring onion green tops. Toss with **1 tbsp vinegar, salt and pepper**.



### 5. BLEND THE QUESO MIX

Using a stick mixer, blend queso mix (including liquid) to a smooth consistency. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Make a platter on the table of tortilla strips, topped with nacho filling. Drizzle over queso and add fresh salsa.



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