



### 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
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

## 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.*



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### 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.



### 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**.



### 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.



### 5. BLEND THE QUESO MIX

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



### 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**.



### 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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