



Product Spotlight: La Tortilla

La Tortilla uses only 2 ingredients to make their corn tortillas; premium Western Australian corn, and water. The result is a gluten-free, vegan-friendly, preservative-free, tortilla with a delicious rich nutty flavour.



Black Bean Tostadas with Herby Salsa

Black beans cooked in a warming Mexican spice mix, served on crunchy corn tostadas with herby avocado salsa, charred corn kernels, coriander leaves and lime wedges.



35 minutes



Plant-Based



2 servings

Spice it up!

Top the tostadas with sliced jalapeños, or shredded lettuce for more crunch and contrast.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	14g	120g

FROM YOUR BOX

CORN COB	1
RED ONION	1
TOMATO	1
BLACK BEANS	400g
WARM MEXICAN SPICE MIX	1 packet
TOMATO PASTE	1 sachet
AVOCADO	1
CORIANDER	1 packet
LIME	1
CORN TORTILLAS	12-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

2 frypans

NOTES

If you like a bit of heat, add a few teaspoons of hot sauce to the black bean mix.

Air-fry or bake the tortillas for a lighter tostada base.

Warm Mexican Spice Mix: smoked paprika, ground cumin, ground coriander, dried oregano, garlic powder, ground cinnamon



1. CHAR THE CORN

Remove husks and silks from **corn cobs** and rub cobs with **oil**. Heat a frypan over medium-high heat and add corn. Cook, turning occasionally, for 10 minutes or until cooked through.



2. PREPARE THE INGREDIENTS

Dice **onion** (reserve 1/4 for step 4) and **tomato**. Drain and rinse **beans**.



3. SIMMER THE BLACK BEANS

Heat a large frypan over medium-high heat with **oil**. Add **onion** and sauté for 2 minutes to soften. Add **tomatoes**, **beans**, **spice mix**, **tomato paste** and **1/4 cup water** (see notes). Simmer, semi-covered, for 10 minutes until thickened.



4. MAKE THE SALSA

Zest **lime** and juice 1/2 (wedge remaining), finely chop **coriander** stems (reserve leaves), and roughly chopped **avocado**. Add to a bowl and mix to combine. Season to taste with **salt and pepper**.



5. COOK THE TOSTADAS

Heat a frypan over medium-high heat with **oil** (see notes). Add **tortillas**, in batches, and cook for 1-2 minutes each side until crispy.



6. FINISH AND SERVE

Cut **charred corn kernels** from cobs. Divide **tostadas** among plates. Top with **black bean mix**, **guacamole**, **corn kernels** and **coriander leaves**. Serve with **lime wedges**.

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