

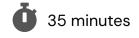




Black Bean Tostadas

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.







Spice it up!

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

TOTAL FAT CARBOHYDRATES 120g

FROM YOUR BOX

| CORN COB | 1 |
|------------------------|----------|
| RED ONION | 1 |
| ТОМАТО | 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, semicovered, 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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