



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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



4/6 servings

### Spice it up!

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

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	13g	100g

## FROM YOUR BOX

	4 PERSON	6 PERSON
CORN COBS	2	3
RED ONION	1	1
TOMATOES	2	3
BLACK BEANS	2x 400g	3x 400g
WARM MEXICAN SPICE MIX	1 packet	2 packets
TOMATO PASTE	2 sachets	3 sachets
AVOCADOS	2	3
CORIANDER	1 packet	2 packets
LIME	1	2
CORN TORTILLAS	12-pack	2x 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.



### 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. Add to a bowl and mix to combine. Season to taste with **salt and pepper**.

**6P** – add zest and juice from 1 lime, wedge remaining lime.



### 2. PREPARE THE INGREDIENTS

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



### 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.



### 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 **1/2 cup water** (see notes). Simmer, semi-covered, for 10 minutes until thickened.

**6P** – add 3/4 cup water to pan.



### 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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