




Product Spotlight: Avocado


To prepare an avocado, hold it steady with one hand and slice through the skin lengthwise until you hit the pit. Cut around the entire fruit. Gently twist the two halves in opposite directions to separate them.



Crunchy Black Bean Tacos

Black beans cooked in a custom-blend Mexican spice mix, stuffed into crunchy tacos shells with fresh lettuce, avocado, tomato and a drizzle of lime sour cream.

 25 minutes

 2 servings

 Vegetarian

Switch it up!

Use the avocado to make guacamole! Add crushed garlic, finely chopped coriander, and lime juice. Use a potato masher or fork to mash the avocado.

Per serve: **PROTEIN** 24g **TOTAL FAT** 56g **CARBOHYDRATES** 109g

FROM YOUR BOX

BLACK BEANS	400g
BROWN ONION	1
GARLIC CLOVE	1
MEXICAN SPICE MIX	1 packet
TOMATO PASTE	1 sachet
BABY COS LETTUCE	1
AVOCADO	1
TOMATO	1
SOUR CREAM	1 tub
LIME	1
TACO SHELLS	12-pack

FROM YOUR PANTRY

oil for cooking

KEY UTENSILS

large frypan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

Mexican spice mix: smoked paprika, ground cumin, dried oregano.



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1. PREPARE THE INGREDIENTS

Set oven to 220°C.

Drain and rinse **beans**, slice **onion** and crush **garlic**.



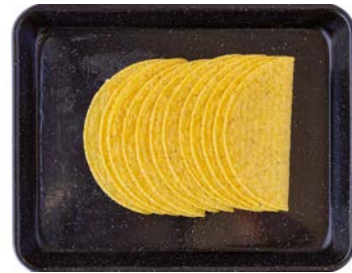
2. COOK THE BLACK BEANS

Heat a large frypan over medium-high heat with **oil**. Add onion and garlic, sauté for 3 minutes to soften onion. Add **spice mix**, **tomato paste**, beans and **1/2 cup water**. Simmer, semi-covered, for 5 minutes, stirring occasionally.



3. PREPARE THE FILLINGS

Thinly shred **lettuce** (see notes). Slice **avocado** and dice **tomato**. Add **sour cream** to a bowl along with **lime** zest (wedge lime) and **1 tbsp water**, mix to combine.



4. WARM THE TACO SHELLS

Toast the **taco shells** in the oven for 5 minutes until crispy.



5. FINISH AND SERVE

Build tacos and divide among plates, or take to the table for everyone to build their own!

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

