




### 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.



## 1 Nachos with Cashew Queso

Veggie-packed nachos served with tortilla strips, fresh avocado salsa and home-made queso.

 30 minutes

 2 servings

 Plant-Based

29 October 2021

## 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.*

Per serve: **PROTEIN** 32g **TOTAL FAT** 46g **CARBOHYDRATES** 124g

## FROM YOUR BOX

CASHEW QUESO MIX	1 packet (65g)
MEXICAN SPICE MIX	1 packet
SPRING ONIONS	1/3 bunch *
TOMATO PASTE	1 sachet
ZUCCHINI	1/2 *
CORN COB	1
TINNED KIDNEY BEANS	400g
AVOCADO	1
TOMATO	1
TORTILLA STRIPS	1 packet (230g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, rice wine vinegar

## KEY UTENSILS

large frypan, kettle, stick mixer (or small blender)

## NOTES

The cashew queso mix is made up of raw cashews and nutritional yeast. Soak 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.



### 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.



### 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.



### 3. COOK NACHO FILLING

Dice zucchini 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**.



### 4. PREPARE 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**.



### 5. BLEND QUESO MIX

Using a stick mixer, blend queso mix (including liquid) to a smooth consistency. 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.

**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**

