



### Product Spotlight: Black Beans

Black beans can be cooked in a variety of ways without losing much of their nutritional properties, even when exposed to high temperatures.



## 2 Enchiladas with Black Beans

Black bean enchiladas, baked with home made sauce and nut cheese, topped with fresh avocado.

 30 minutes

 2 servings

 Plant-Based

1 October 2021

## Switch it up!

*Switch this dish into nachos! Cut the tortillas into triangles and bake until crisp. Top with the fillings, sauce and grate over nut cheddar.*

Per serve: **PROTEIN** 22g **TOTAL FAT** 34g **CARBOHYDRATES** 89g

## FROM YOUR BOX

TOMATO PASTE	1 sachet
TINNED BLACK BEANS	400g
SPRING ONIONS	1/3 bunch *
CORN COB	1
SILVERBEET	1/2 bunch *
CHIPOTLE AND JALAPEÑO HAVARTI	1 packet
CORN TORTILLAS	8-pack
AVOCADO	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, dried oregano, cornflour, smoked paprika, apple cider vinegar

## KEY UTENSILS

large frypan, saucepan, oven dish

## NOTES

If you want to speed up this recipe, you can skip step 1 and just use tinned tomatoes, tomato passata or tomato salsa as the sauce.



### 1. MAKE THE SAUCE

Set oven to 220°C.

Heat a saucepan over medium-high heat with **oil**. Add tomato paste and **2 tsp oregano**. Whisk for 1 minute. Add in **1 cup water, 1 tbsp cornflour and 1 tsp vinegar**. Whisk for 3 minutes until thickened. Remove from heat. (See notes)



### 4. BAKE ENCHILADAS

Grate the nut havarti. Spoon filling into tortillas and fold in half. Add to an oven dish. Spoon over sauce and sprinkle with grated havarti. Bake in oven for 8-10 minutes until golden.



### 2. PREPARE THE FILLING

Drain and rinse black beans. Thinly slice spring onions (reserve some green tops for step 5). Remove kernels from corn cob and thinly slice silverbeet leaves.



### 5. PREPARE FRESH TOPPING

Dice avocado. Toss in a bowl with reserved green spring onion tops, **1 tsp vinegar, salt and pepper**.



### 3. COOK THE FILLING

Heat a frypan over medium-high heat with **oil**. Add vegetables and beans along with **2 tsp smoked paprika**, stir to combine. Cook, covered, for 3-4 minutes. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Add fresh topping to enchiladas. Serve in the tray at the table.

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