



### Product Spotlight: Avocado

Did you know that avocado is a fruit? Just 1/3 of an avocado contains 20 different vitamins and minerals! It is the only fruit to contain heart healthy monounsaturated fat... good fat!



## 2 Veggie Nachos with Guacamole

Crunchy corn totopos chips topped with a smoky walnut and corn mince, pickled coleslaw and served with a side of guacamole.

 30 minutes

 2 servings

 Plant-Based

22 February 2021

### Spice it up!

*Add sliced spring onions or fresh coriander to garnish. If you have spare limes you can wedge them to squeeze over at the end. If you have a pre-made Mexican spice mix you can use that to flavour your veggies.*

Per serve: **PROTEIN** 17g **TOTAL FAT** 62g **CARBOHYDRATES** 87g

## FROM YOUR BOX

AVOCADO	1
LEMON	1/2 *
TOMATO	1
COLESLAW	1 bag (200g)
WALNUTS	1 packet (40g)
CORN COB	1
RED CAPSICUM	1/2 *
CELERY STICK	1
TOMATO PASTE	1 tbsp
TOTOPOS CHIPS	1 bag

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, smoked paprika, red wine vinegar, dried thyme

## KEY UTENSILS

large frypan

## NOTES

For more of a mince like texture you can pulse the walnuts in a small food processor.



### 1. MAKE THE GUACAMOLE

Mash the avocado with lemon juice. Dice tomato and stir through. Season with **salt and pepper**.



### 2. DRESS THE COLESLAW

Toss the coleslaw with **1/2 tbsp vinegar** and **1 tbsp olive oil**. Set aside.



### 3. PREPARE THE TOPPING

Finely chop walnuts (see notes). Remove corn from cob. Dice capsicum and celery.



### 4. COOK THE TOPPING

Heat a frypan over medium heat with **oil**. Add walnuts, vegetables **1/4 tsp thyme** and **2 tsp smoked paprika** to pan. Cook for 2–3 minutes until tender. Stir through 1 tbsp tomato paste and **1/3 cup water**. Simmer for 3 minutes and season with **salt and pepper**



### 5. FINISH AND PLATE

Assemble totopos chips on a serving plate. Top with veggie topping and scatter over pickled coleslaw. Serve with guacamole on the side.

**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](mailto:hello@dinnertwist.com.au)

