



### 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

 4 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 other fillings, sauce and grate over nut cheddar.*

Per serve: **PROTEIN** 20g **TOTAL FAT** 19g **CARBOHYDRATES** 81g



## FROM YOUR BOX

TOMATO PASTE	2 sachets
TINNED BLACK BEANS	2 x 400g
SPRING ONIONS	1/2 bunch *
CORN COBS	2
SILVERBEET	1/2 bunch *
CHIPOTLE AND JALAPEÑO HAVARTI	1 packet
CORN TORTILLAS	15-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 **1 tbsp oregano**. Whisk for 1 minute. Add in **1 1/2 cup water, 1 1/2 tbsp cornflour and 2 tsp vinegar**. Whisk for 3 minutes until thickened. Remove from heat. (See notes)



### 2. PREPARE THE FILLING

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



### 3. COOK THE FILLING

Heat a frypan over medium-high heat with **oil**. Add vegetables and beans along with **1 tbsp smoked paprika**, stir to combine. Cook, covered, for 3-4 minutes. Season with **salt and pepper**.



### 4. BAKE ENCHILADAS

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



### 5. PREPARE FRESH TOPPING

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



### 6. FINISH AND SERVE

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

**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)

