



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

