




**Product Spotlight:  
Avocado**


Avocados contain more potassium than a banana as well as nutrient-rich fats that helps you feel fuller for longer. Also a good source of vitamins E, C, B6, folate and niacin.



# Cheesy Bean Nacho Platter

This quick and easy nacho platter is sure to please everyone at the table! With hearty beans, corn tortilla strips, fresh avocado and tangy sour cream. You can whip this platter up with ease!

 25 minutes

 2 servings

 Vegetarian

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Per serve: **PROTEIN** 43g **TOTAL FAT** 76g **CARBOHYDRATES** 129g

## FROM YOUR BOX

SPRING ONIONS	1 bunch
TOMATO PASTE	1 sachet
CARROT	1
RED CAPSICUM	1
TINNED BEANS	400g
AVOCADO	1
TORTILLA STRIPS	1 packet
SHREDDED CHEDDAR CHEESE	1 packet
SOUR CREAM	1 tub

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, smoked paprika

## KEY UTENSILS

large frypan, oven tray

## NOTES

Use the avocado to make guacamole if desired.



### 1. SAUTÉ THE AROMATICS

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil**. Thinly slice spring onions (reserve green tops) and add to pan along with tomato paste, **2 tsp cumin** and **2 tsp smoked paprika**. Sauté for 1 minute.



### 2. SIMMER THE BEANS

Grate carrot and dice capsicum. Add to pan as you go. Pour in beans (including liquid) and simmer, semi-covered, for 8 minutes. Season with **salt and pepper**.



### 3. PREPARE THE AVOCADO

Thinly slice avocados (see notes).



### 4. PREPARE THE NACHOS

Spread tortilla strips evenly on a lined oven tray. Spoon over bean mix and sprinkle over cheese to taste. Bake in the oven for 5 minutes or until cheese is melted.



### 5. FINISH AND SERVE

Add slices of avocado to nachos. Dollop with sour cream and garnish with reserved spring onion green tops.



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