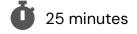


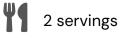


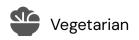


Cheesy Bean Nacho Platter

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!







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TOTAL FAT CARBOHYDRATES

43g

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.

