



### 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



4 servings



Vegetarian

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Per serve: **PROTEIN** 38g **TOTAL FAT** 61g **CARBOHYDRATES** 87g

## FROM YOUR BOX

SPRING ONION	1 bunch
TOMATO PASTE	2 sachets
CARROTS	2
RED CAPSICUM	1
TINNED BEANS	2 x 400g
AVOCADOS	2
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**, **1 tbs cumin** and **1 tbs smoked paprika**. Sauté for 1 minute.



### 2. SIMMER THE BEANS

Grate **carrots** and dice **capsicum**. Add to pan as you go. Pour in **beans** (including liquid). Simmer, uncovered, for 10 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. Sprinkle over **cheese**. Bake in the oven for 5 minutes or until cheese is melted.



### 5. FINISH AND SERVE

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



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