



Traybake Black Bean Nachos

Loaded tortilla nachos topped with spiced black beans, charred corn, and tomato, finished with smashed avocado, pickled shallot and dollops of yoghurt.



25 minutes



2 servings



Vegetarian

FROM YOUR BOX

TINNED BLACK BEANS	400g
TOMATO PASTE	1 sachet
AVOCADO	1
SHALLOT	1
TORTILLA STRIPS	1 packet
CORN COB	1
TOMATO	1
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika, red wine vinegar, sugar (of choice)

NOTES

Baking the nachos will help give the tortillas a crispy finish and warm through the toppings. You can serve fresh instead if preferred.

You can bulk out the nachos with extra corn tortilla strips or roast sweet potato rounds.

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1. COOK THE BEANS

Preheat oven to 220°C (see notes).

Drain and rinse **black beans**. Heat frypan with **oil**. Add **beans, tomato paste, 3 tsp smoked paprika**. Stir through **1/2 cup water** and simmer for 5 minutes. Season with **salt** to taste.

TIP *Stir through a spoon of salsa, chipotle paste, or a splash of water if too thick. You can use pre made Mexican spice mix instead of the smoked paprika if you have one.*

2. PREPARE THE TOPPINGS

Mash **avocado** with **salt** and **1/2 tbsp vinegar**. Thinly slice **shallot** and toss with **2 tbsp vinegar** and a pinch of **sugar** to pickle. Dice **tomato**. Remove kernels from **corn cob** and set aside.

TIP *You can substitute the vinegar used with the avocados with lime juice or lemon juice.*

3. BAKE THE NACHOS

Spread **tortilla strips** on a lined oven tray. Top evenly with **black beans, corn**, and **tomato**. Drizzle with **oil** and bake for 8–10 minutes until golden and warmed through.

TIP *Add grated cheese from your fridge if desired before baking.*

4. FINISH AND SERVE

Top nachos with **smashed avocado**, dollops of **yoghurt** and scatter with drained pickled **shallot**.

TIP *You can add any of your favourite nacho garnishes such as jalapeños, coriander or sliced spring onions.*

This recipe has simplified instructions to help lower your meal cost.