



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



4 servings



Vegetarian

FROM YOUR BOX

| | |
|--------------------|----------|
| TINNED BLACK BEANS | 400g |
| TOMATO PASTE | 1 sachet |
| AVOCADOS | 2 |
| SHALLOT | 1 |
| TORTILLA STRIPS | 1 packet |
| CORN COB | 2 |
| TOMATOES | 2 |
| 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.

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 **avocados** with salt and **1/2 tbsp vinegar**. Thinly slice **shallot** and toss with **2 tbsp vinegar** and a pinch of **sugar** to pickle. Dice **tomatoes**. Remove kernels from **corn cobs** 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 **tomatoes**. 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.