



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Beans

Beans are the most concentrated source of plant-based protein in the world. At least 6-11% of a cooked bean's weight is protein.



3 Family Share Nachos

One tray nachos for the whole family to share at the dinner table. Easy to vary by adding any ingredients of choice!

 20 minutes

 2 servings

 Pork

16 November 2020

Serving Suggestion

Make individual nacho plates if the family prefer! Skip the oven step and serve in small bowls for everyone to assemble their own nacho plate. Top with grated cheese.

FROM YOUR BOX

PORK MINCE	300g
SPRING ONIONS	2
BEANS	400g
SALSA SAUCE	2/3 jar *
CORN COB	1
CORN CHIPS	1 bag
GRATED CHEESE	1 packet (200g)
TOMATO	1
YELLOW CAPSICUM	1
AVOCADO	1
TOMATO	1

*Ingredient also used in another recipe

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

Reserve 2 tbsp salsa for recipe 2 if you haven't cooked it yet.

No pork option – pork mince is replaced with **chicken mince**. Increase cooking time if needed to ensure chicken is cooked through.

VEG OPTION – Ingredients are replaced with **vegetarian alternatives** – follow the **cooking instructions as directed**.



1. COOK THE MINCE

Set oven to 220°C and line an oven tray.

Heat a frypan with **oil** over high heat. Add mince and cook for 3-4 minutes, breaking up lumps. Slice and add spring onions (reserve some green tops).

VEG OPTION – Omit mince and cook spring onions as above.



2. SEASON & ADD THE BEANS

Season with **2 tsp each paprika and cumin** (to taste). Drain and add beans and 1/4 cup salsa. Season to taste with **salt and pepper**.

VEG OPTION – Add beans to pan with **spices, salsa and 2 tbsp water**. Simmer until reduced to your liking.



3. COOK THE CORN

Quarter corn cob and place in saucepan with water. Bring to the boil, drain and place at the table.



4. ASSEMBLE ONE-TRAY

Spread corn chips over a large, lined oven tray. Pour over mince mixture (**VEG OPTION - vegetable mixture**) and sprinkle with cheese. Bake in the oven for 5-7 minutes until cheese is melted.



5. ADD FRESH VEGGIES

Dice tomato and capsicum, slice reserved spring onion tops. Scatter over nacho tray once out of the oven.

VEG OPTION – as above – dice **2 tomatoes**



6. FINISH AND SERVE

Serve nachos at the table with a side of corn and salsa (see notes).

VEG OPTION – Serve with **diced or mashed avocado**.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

