



Easy Black Bean Nachos

with Cheesy Sauce and Guacamole



30-40min



4 Portions

This revamped Tex-Mex dish has comfort written all over it. Scoop up creamy cheddar sauce and chunks of black bean, corn and zucchini with hand-torn corn chips, and spice each bite with a dollop of guacamole. Midweek dinners have never been so fun!

What we send

- jalapeños, garlic, coriander
- red onion, zucchini, lime
- corn kernels
- mature cheddar ⁷
- Mexican spice blend
- corn tortillas
- avocado
- black beans

What you'll require

- butter ⁷
- milk ⁷
- olive oil
- plain flour ¹
- sea salt flakes
- spray oil
- sugar

Utensils

- 2 oven trays
- baking paper
- large saucepan
- sieve
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 915.0kcal, Fat 34.7g, Proteins 30.5g, Carbs 110.6g



1. Start guacamole

Preheat the oven to 220C. Finely chop the **onion** and **jalapeños**, discarding the seeds if less heat is desired. Finely grate the **lime** rind and juice the **lime**. Put the **jalapeño, lime zest, lime juice** and **half the onion** in a bowl. Add **salt** and **sugar**, and stir to combine.



4. Finish guacamole

Cut open the **avocado** and spoon out the flesh into the bowl with the **onion mixture**. Using a fork, mash until smooth and well combined. Season with **salt**.



2. Prepare corn chips

Line 2 large oven trays with baking paper. Tear the **tortillas** into quarters. Working in batches, put **half the tortillas** on the trays in a single layer. Spray both sides with **olive oil spray** and season with **salt**. Bake in the oven for 8-10 mins until crisp and golden. Remove from the trays and repeat with the **remaining tortillas**. Divide among bowls.



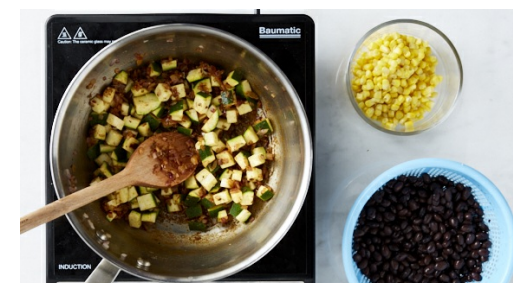
5. Make cheese sauce

Melt the **butter** in a small saucepan over medium heat. Add the **flour** and cook, stirring, for 1 min. Gradually whisk in the **milk**. Cook, stirring constantly, for 3 mins or until thickened. Reduce heat to low. Add the **cheddar** and stir until melted. Season with **salt**. Keep warm, stirring occasionally.



3. Prepare ingredients

While tortillas are baking, rinse and drain the **black beans** in a sieve. Cut the **zucchini** into 1cm chunks. Crush or finely chop the **garlic**. Finely chop the **coriander**, including the stems. Coarsely grate the **cheddar**.



6. Get ready to serve

Heat **oil** in a large pan over medium-high heat. Cook **garlic, remaining onion** and **spice blend**, stirring, for 3 mins or until golden. Add **zucchini** and cook for 3 mins or until tender. Stir in **corn** and **black beans**. Warm through for 1 min. Season with **salt**. Divide among corn chips and spoon over cheese sauce. Scatter with coriander and serve with guacamole.