

DINNERLY



⚡ FAST

Corn and Black Bean Nachos with Creamy Yoghurt Sauce



20-30 minutes



2 Servings

Turn out a Tex Mex feast fast. Cook fresh sweetcorn, cherry tomatoes and beans in a smoky chipotle sauce, then spoon onto homemade nachos and let everyone dive in.

WHAT WE SEND

- 1 corn cob
- 100g Greek-style yoghurt ⁷
- 20g chipotle in abodo sauce ⁶
- 250g cherry tomatoes
- 5 Greek pita breads ^{1,6}
- 400g black beans

WHAT YOU NEED

- olive oil
- olive oil spray
- salt and pepper
- water

TOOLS

- baking paper
- medium frypan
- oven tray
- sieve

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

COOKING TIP

-For speedy chopping, put your hand flat on top of the tomatoes on a board, then using a sharp knife slice horizontally, halving multiple tomatoes at a time.
-Chipotle has a chilli kick, add to taste.

ALLERGENS

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

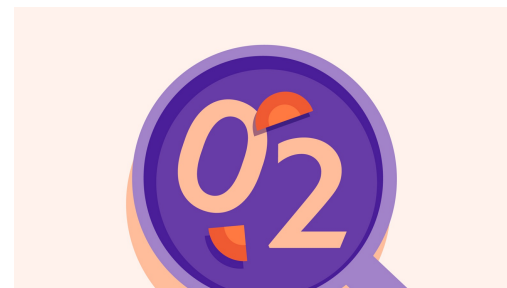
NUTRITION PER SERVING

Energy 915kcal, Fat 19.9g, Carbs 123.9g, Proteins 40.1g



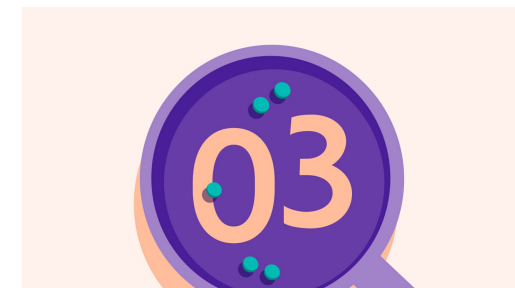
1. Make pita chips

Preheat the oven to 220C. Line an oven tray with baking paper. Lightly spray or brush both sides of **3 pita bread** with **olive oil**. Cut into thin triangles, put on the lined tray and bake for 5 mins or until crisp and golden. (The remaining pita won't be used in this dish.)



2. Prep veggies

Meanwhile, crush or finely chop **1 garlic clove**. Quarter the **tomatoes** (see cooking tip). Discard the husk and silks from the **corn**, then slice the kernels from the cob. Drain and rinse the **black beans**.



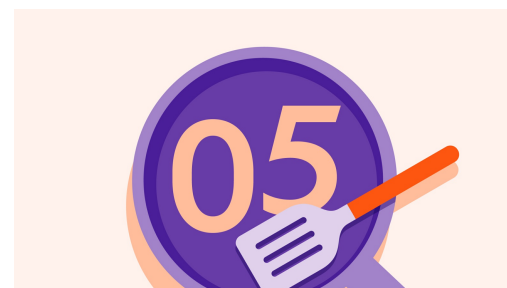
3. Cook beans

Heat **1 tbs olive oil** in a medium frypan over medium heat. Cook the **beans, chipotle** (see cooking tip), **half the garlic** and **1 tbs water**, stirring, for 1-2 mins until fragrant.



4. Add corn and tomato

Add the **corn** and cook, stirring, for a further 2-3 mins until tender. Add the **tomato**, season with **salt and pepper** and toss to combine.



5. Serve up

Meanwhile, stir the **remaining garlic** through the **yoghurt** and season with **salt and pepper**. Divide the **pita chips** among bowls, pile with the **corn and black bean mixture** and drizzle with the **garlic yoghurt** to serve.



6. Kitchen hack

For a thicker-style sauce, add some canned tomatoes to the bean mixture and cook until the mixture is thick and reduced.