

# QCOOK

## Aztec Black Bean Stew

with corn nachos, coriander & avocado

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 3 & 4

**Chef:** Ethan Shahim

**Wine Pairing:** Muratie Wine Estate | Muratie Melck's-Blended Red

### Nutritional Info

	Per 100g	Per Portion
Energy	469kj	4185kj
Energy	112kcal	1001kcal
Protein	2.6g	23.2g
Carbs	14g	121g
of which sugars	2.3g	20.4g
Fibre	3.9g	34.5g
Fat	5.8g	51.9g
of which saturated	0.8g	6.9g
Sodium	127mg	1133mg

**Allergens:** Sulphites, Tree Nuts, Allium

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
2	2	Onions <i>peel &amp; finely dice 1½ [2]</i>
2	2	Bell Peppers <i>rinse, deseed &amp; dice 1½ [2]</i>
3	4	Garlic Cloves <i>peel &amp; grate</i>
22.5ml	30ml	Spice Blend <i>(7.5ml [10ml] Chilli Flakes, 7.5ml [10ml] Ground Cumin, 7.5ml [10ml] Smoked Paprika)</i>
15ml	20ml	Ina Paarman Vegetable Stock
150g	200g	Cooked Chopped Tomato
360g	480g	Black Beans <i>drain &amp; rinse</i>
120ml	160ml	Cashew Nut Cream Cheese
8g	10g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
2	2	Avocado <i>cut in half &amp; roughly dice 1½ [2]</i>
240g	320g	Santa Anna's Corn Nachos

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Blender (optional)

**1. SPICY VEGGIE MEDLEY** Place a pot over medium heat with a drizzle of oil. When hot, fry the onion and bell pepper until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add the garlic and spice blend.

**2. RICH TOMATO & BEAN STEW** Boil the kettle. Dilute the stock with 300ml [400ml] of boiling water. Add the cooked chopped tomatoes and stock to the pot and allow to simmer 10-12 minutes (stirring occasionally). In the final 3-4 minutes, add the beans and cook until warmed through.

**3. TASTY TEXTURES** Remove half the stew from the pot and blend until smooth (optional), before returning and mixing through.

**4. MMMEXICAN MEAL** Bowl up your stew, top with swirls of cashew nut cream cheese, coriander, avocado, and side with corn nachos. Enjoy, Chef.