

QCOOK

Aztec Black Bean Stew

with corn nachos, coriander & avocado

Hands-on Time: 20 minutes

Overall Time: 40 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:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 2 | 2 | Onions <i>peel & finely dice 1½ [2]</i> |
| 2 | 2 | Bell Peppers <i>rinse, deseed & dice 1½ [2]</i> |
| 3 | 4 | Garlic Cloves <i>peel & 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 & rinse</i> |
| 120ml | 160ml | Cashew Nut Cream Cheese |
| 8g | 10g | Fresh Coriander <i>rinse, pick & roughly chop</i> |
| 2 | 2 | Avocado <i>cut in half & roughly dice 1½ [2]</i> |
| 240g | 320g | Santa Anna's Corn Nachos |

From Your Kitchen

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.