

QCOOK

Aztec Black Bean Stew

with corn nachos, coriander & avocado

Hands-on Time: 10 minutes

Overall Time: 30 minutes

Veggie: Serves 1 & 2

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 1	[Serves 2]	
1	1	Onion <i>peel & finely dice ½ [1]</i>
1	1	Bell Pepper <i>rinse, deseed & dice ½ [1]</i>
1	2	Garlic Clove/s <i>peel & grate</i>
7.5ml	15ml	Spice Blend <i>(2.5ml [5ml] Chilli Flakes, 2.5ml [5ml] Ground Cumin, 2.5ml [5ml] Smoked Paprika)</i>
5ml	10ml	Ina Paarman Vegetable Stock
50g	100g	Cooked Chopped Tomato
120g	240g	Black Beans <i>drain & rinse</i>
40ml	80ml	Cashew Nut Cream Cheese
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
1	1	Avocado <i>cut in half & roughly dice ½ [1]</i>
80g	160g	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, 8-10 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 100ml [200ml] of boiling water. Add the cooked chopped tomatoes and stock to the pot and allow to simmer 8-10 minutes (stirring occasionally). In the final 2-3 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.