



BLACK BEANS NACHOS

Use up your Cooked Black Beans in these Mexican skillet-baked nachos!

 10 minutes

 40 minutes

 2 portions

INGREDIENTS

- 1 tablespoon of oil, olive or coconut (14 g)
- 1 large onions, diced (150 g)
- 1 large zucchini, grated (323 g)
- 3 tsps of cumin (6 g)
- 3 tsps paprika (7 g)
- 1/2 tsp chili powder (1 g)
- 2 cups/ 1 can of black beans, (480 g)
- 2 large tomatoes, finely chopped (364 g)
- 60ml of vegetable stock
- 2 cups of baby spinach, raw (60 g)
- 2 cups of tortilla corn chips, unsalted (52 g)
- 1 jalapeno, sliced, optional (14 g)
- 50 grams of cheese, cheddar or 50 grams of bio Cheese [Vegan] or tbsps of nutritional yeast
- 50 grams of yogurt, Greek, plain, nonfat or 50 grams of yoghurt, Coconut, Dairy Free
- 1 avocado, (201 g)
- 1 lime, juiced
- 1 uhot chilli, red, raw (45 g)

COOKING METHOD

- 1° Preheat oven to 200°C / 400°F / Gas Mark 6
- 2° Heat oil in medium ovenproof skillet over medium-high heat. Add onion and zucchini and cook for 5 minutes or until onion is softened. Add spices and cook for 1 minute or until fragrant. Add cooked Black Beans, tomatoes and stock. Cook until tomatoes begin to break down and reduce. Stir through baby spinach until wilted. Reduce heat to medium-low and simmer for about 10 minutes, or until stock has reduced completely.
- 3° Sprinkle corn chips, chilli and cheese over the bean mix. Place skillet in oven and cook for about 10-15 minutes or until cheese has melted.
- 4° Meanwhile to make the Simple Guacamole, mash avocado with lime juice and chilli.
- 5° Remove nachos from the oven and serve half of the nachos, guacamole and dressed salad for dinner and put the remainder in a container for lunch tomorrow with the extra dressing in a separate container.
- 6° Note Dairy-free option: Omit cheese. Paleo option: Replace corn chips with 1 small (250g) sweet potato, cut into discs and baked in the oven with a little coconut oil until crispy.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (967 g)	% DRI
ENERGY	83 kcal	807 kcal	40 %
FAT	4 g	37 g	57 %
FATTY ACIDS, TOTAL SATURATED	1 g	7 g	35 %
CHOLESTEROL	1 mg	10 mg	3 %
SODIUM	134 mg	1291 mg	54 %
CARBOHYDRATE	10 g	100 g	33 %
SUGARS	2 g	18 g	—
FIBER	4 g	34 g	135 %
PROTEIN	3 g	30 g	—