

Caribbean Black Bean Nachos

with Charred Pineapple Salsa

Grab your Meal Kit with this symbol



Kumara



Mini Flour Tortillas



Pineapple Slices



Garlic



Brown Onion



Carrot



Cucumber



Tomato



Black Beans



Lemon



Mild Caribbean Jerk Seasoning



Tomato Paste



Vegetable Stock Powder



Coriander

 Hands-on: **30-40 mins**
Ready in: **35-45 mins**

We turned the best things about nachos (the crispy chips) into a side for this delectable black bean and veggie bowl so you can enjoy maximum crunch! We've also added charred pineapple salsa and a squeeze of lemon juice so you can enjoy an explosion of flavour with every bite.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
mini flour tortillas	8	16
pineapple slices	1 tin	2 tins
garlic	2 cloves	4 cloves
brown onion	1 (medium)	1 (large)
carrot	1	2
cucumber	1 (medium)	1 (large)
tomato	1	2
black beans	1 tin	2 tins
lemon	½	1
mild Caribbean jerk seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
butter*	20g	40g
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
coriander	1 bag	1 bag

*Pantry Items

Nutrition

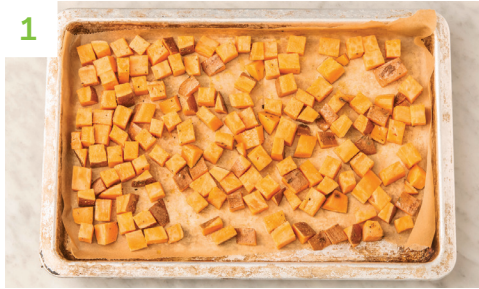
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3468kJ (829Cal)	431kJ (103Cal)
Protein (g)	23.6g	2.9g
Fat, total (g)	24.2g	3g
- saturated (g)	11.2g	1.4g
Carbohydrate (g)	116.7g	14.5g
- sugars (g)	40.8g	5.1g
Sodium (mg)	2519mg	313mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the kumara

Preheat the oven to **220°C/200°C fan-forced**. Peel the **kumara** and cut into small chunks. Place the **kumara** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt and pepper** and toss to coat. Add a dash of **water** to the tray and roast until tender, **20-25 minutes**.



Bake the tortilla chips

While the kumara is roasting, slice the **mini flour tortillas** into wedges. Place the **tortillas** in a single layer on a second lined oven tray (don't worry if they overlap slightly). Drizzle (or spray) with **olive oil** and season with **salt and pepper**. Bake until lightly golden, **8-10 minutes**.

TIP: Keep an eye on them. You want them crisp, but not burnt!



Char the pineapple

While the tortilla chips are baking, drain the **pineapple slices**. Heat a large frying pan over a high heat. Cook the **pineapple**, turning occasionally, until browned and slightly charred, **3-4 minutes**. Transfer to a plate and set aside to cool slightly. Meanwhile, finely chop the **garlic** and **brown onion**. Grate the **carrot**. Finely chop the **cucumber** and **tomato**. Cut the **lemon** into wedges. Drain and rinse the **black beans**.



Cook the beans

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **carrot** until softened, **3-4 minutes**. Add the **black beans**, **garlic** and **mild Caribbean jerk seasoning** and cook until fragrant, **1-2 minutes**. Stir through the **tomato paste**, **butter**, **water** and **vegetable stock powder**. Simmer until the sauce has thickened, **1-2 minutes**. Add the roasted **kumara** and stir to combine.



Make the salsa

While the beans are cooking, finely chop the charred **pineapple**. In a small bowl, add the **pineapple**, **cucumber**, **tomato**, a generous squeeze of **lemon juice** and a drizzle of **olive oil**. Season and toss to combine.



Serve up

Roughly chop the **coriander**. Divide the Caribbean black beans and charred pineapple salsa between bowls. Garnish with the coriander. Serve with the tortilla chips and any remaining lemon wedges.

Enjoy!