

OVERALL time: 40 mins

Black Bean Tostadas

Crispy, colourful, and packed with flavour, these Black Bean Tostadas are a quick and satisfying meal that hits all the right notes. Creamy seasoned black beans are layered onto golden tostada shells, then topped with fresh salsa, crunchy lettuce, and a zesty drizzle. Whether you're feeding a crowd or making a no-fuss dinner, this dish is hearty, customisable, and totally crave-worthy.

Metric

Number of servings : 4

ingredients

Black beans

- 1 Onion, finely diced
- 4 Garlic cloves, sliced
- To taste **Cape Herb and Spice Chipotle chilli**
- 1 Tin of diced tomatoes
- Handful of fresh coriander, roughly chopped

Salsa

- 2 Ripe avocados, peeled and diced
- 1 Red onion, finely diced

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 25 mins

For the beans:

Heat a drizzle of olive oil in a sauté pan.

Add the onion and garlic and season with a little **Cape Herb & Spice Chipotle Chilli Seasoning**.

Cook until fragrant and tender.

Add the black beans and tinned tomatoes.

Cook down until the tomato thickens.

Using a potato masher or the back of a wooden spoon, squash some of the black beans so you get a nice creamy consistency to the bean mixture.

Taste to adjust seasoning and add more Chipotle if desired.

Finish with a handful of fresh coriander and stir through.

For the salsa:

Combine all the ingredients in a mixing bowl.

Season with **Cape Herb & Spice Chipotle Chilli Seasoning**.

Mix to combine and set aside until serving.

For the tortillas:

Preheat oven to 180°C with the fan on.

Sprinkle a little cheese over each tortilla.

Place in the oven and cook for 8-10 minutes until golden and crisp and the cheese has melted.

Remove from the baking tray with a flat metal spatula and transfer to a wire rack so that they cool and crisp up.

To assemble:

Place a generous amount of black bean mixture on a tostada.

Top with a few spoonfuls of the avocado salsa and serve with fresh lime wedges on the side.

Enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>

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