

Chipotle Black Bean Tacos & Cucumber Slaw

with Plant-Based Aioli

Grab your Meal Kit with this symbol



Red Onion



Garlic



Coriander



Pickled Jalapeños (Optional)



Cucumber



Carrot



Tex-Mex Spice Blend



Tomato Paste



Black Beans



Mild Chipotle Sauce



Shredded Cabbage Mix



Plant-Based Aioli



Mini Flour Tortillas

Keep an eye out...
Due to recent sourcing challenges, we've replaced sweetcorn with cucumber, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **15-25 mins**
 Ready in: **25-35 mins**
 Spicy (pickled jalapeños)

Plant Based
 Calorie Smart

There's a whole lot of goodness packed into these handheld delights – and we're not just talking about the fibre-rich black beans and vitamin-packed veggies. With our mild chipotle sauce, Tex-Mex spice blend and soft and supple mini flour tortillas, it's the perfect mix of nutrition and deliciousness. Dig in!

Pantry items

Olive Oil, White Wine Vinegar

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
coriander	1 bag	1 bag
pickled jalapeños (optional)	1 packet (40g)	1 packet (80g)
cucumber	1 (medium)	1 (large)
carrot	1	2
Tex-Mex spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packet
black beans	1 tin	2 tins
mild chipotle sauce	1 packet (40g)	2 packets (80g)
shredded cabbage mix	1 bag (150g)	1 bag (300g)
plant-based aioli	1 packet (50g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2556kJ (611Cal)	472kJ (113Cal)
Protein (g)	22g	4.1g
Fat, total (g)	19.1g	3.5g
- saturated (g)	4.6g	0.8g
Carbohydrate (g)	72.7g	13.4g
- sugars (g)	17.4g	3.2g
Sodium (mg)	1926mg	355mg

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.



Get prepped

- Finely chop **red onion** and **garlic**. Roughly chop **coriander** and **pickled jalapeños** (if using). Roughly chop **cucumber**. Grate **carrot**.



Toss the slaw & heat the tortillas

- While the beans are cooking, add **shredded cabbage mix**, **cucumber**, **coriander**, **plant-based aioli**, a drizzle of **white wine vinegar** and a pinch of **salt** to a medium bowl. Toss to combine.
- Microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.



Cook the beans

- Heat a large frying pan over a medium heat with a drizzle of **olive oil**. Cook **onion** and **carrot** until tender, **3-4 minutes**.
- Add **garlic**, **Tex-Mex spice blend** and **tomato paste** and cook until fragrant, **1 minute**.
- **SPICY!** *The chipotle sauce is mild, but use less if you're sensitive to heat.* Add **black beans** (including the liquid) and **mild chipotle sauce** and cook until slightly thickened, **2-3 minutes**.
- Remove the pan from the heat, then lightly mash **bean mixture** with a fork.



Serve up

- Fill tortillas with chipotle black beans and cucumber slaw.
- Top with pickled jalapeños to serve.

Enjoy!