



TEX-MEX BEAN TACOS

with Cheddar, Sour Cream & Tomato Salsa



Make a classic bean taco



Carrot



Cheddar Cheese



Cos Lettuce



Sweetcorn



Red Kidney Beans



Tomato



Spring Onion



Tex-Mex Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Sour Cream



Hands-on: 25 mins

Ready in: 25 mins

Need dinner on the table, double-quick? These Tex-Mex bean tacos have your name written all over them. They're full of flavour, filling and packed with veggies, and you can whip them up with one hand behind your back. Well, close enough!

Pantry Staples: Olive Oil, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan**



1 GET PREPPED

Grate the **carrot** (unpeeled). Grate the **Cheddar cheese**. Roughly chop the **cos lettuce**. Drain the **sweetcorn** (see ingredients list). Drain and rinse the **red kidney beans**.



2 MAKE THE SALSA

Finely chop the **tomato**. Thinly slice the **spring onion**. In a small bowl, combine the tomato, spring onion, **vinegar**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**.



3 COOK THE FILLING

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **carrot**, **sweetcorn** and **red kidney beans** and cook until softened, **4-5 minutes**.



4 ADD FLAVOUR TO THE FILLING

Add the **Tex-Mex spice blend** to the frying pan and cook, stirring, until coated and fragrant, **1 minute**. Reduce the heat to medium, add the **enchilada sauce** and stir through until well combined, **1 minute**. Season to taste with **salt** and **pepper**.



5 HEAT THE TORTILLAS

Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



6 SERVE UP

Take everything to the table. Build your tacos by adding a helping of chopped cos lettuce to the base of a tortilla. Top with the Tex-Mex beans, grated Cheddar cheese, **sour cream** (see ingredients list) and finish with the tomato salsa.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
Cheddar cheese	1 block (50 g)	1 block (100 g)
cos lettuce	1	1
sweetcorn	½ tin (150 g)	1 tin (300 g)
red kidney beans	1 tin	2 tins
tomato	1	2
spring onion	1 bunch	1 bunch
vinegar* (white wine or red wine)	1 tsp	2 tsp
Tex-Mex spice blend	1 sachet	2 sachets
enchilada sauce	1 packet (150 g)	2 packets (300 g)
mini flour tortillas	6	12
sour cream	½ tub (100 g)	1 tub (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3290kJ (786Cal)	516kJ (123Cal)
Protein (g)	26.4g	4.1g
Fat, total (g)	39.0g	6.1g
- saturated (g)	14.4g	2.3g
Carbohydrate (g)	80.5g	12.6g
- sugars (g)	15.2g	2.4g
Sodium (g)	1730mg	272mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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2019 | WK27

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