



# Black Bean Loaded Taquitos

with Charred Corn Salsa & Enchilada Sauce

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Carrot



Sweetcorn



Black Beans



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Baby Spinach Leaves



Plant-Based Aioli



Beef Mince

Prep in: 20-30 mins  
Ready in: 30-40 mins



Plant-Based\*

\*Custom Recipe is not Plant-Based

Taquitos, enchiladas, quesadillas ... whatever you like to call them, these black bean-filled tortillas are a household name. By switching beef to beans, you can still get all of your favourite Mexican flavours in this delicious meal! Dig in!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
brown onion	1	2
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
black beans	1 packet	2 packets
Mexican Fiesta spice blend 	1 medium sachet	2 medium sachets OR 1 large sachet
<b>water*</b>	¼ cup	½ cup
<b>brown sugar*</b>	½ tbs	1 tbs
<b>plant-based butter*</b>	20g	40g
enchilada sauce	1 packet (150g)	2 packets (300g)
mini flour tortillas	6	12
baby spinach leaves	1 small bag	1 medium bag
plant-based aioli	1 medium packet	2 medium packets
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3347kJ (800Cal)	512kJ (122Cal)
Protein (g)	28g	4.3g
Fat, total (g)	35.2g	5.4g
- saturated (g)	5.3g	0.8g
Carbohydrate (g)	83.6g	12.8g
- sugars (g)	21.6g	3.3g
Sodium (mg)	1877mg	287mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3745kJ (895Cal)	592kJ (141Cal)
Protein (g)	43.5g	6.9g
Fat, total (g)	47.4g	7.5g
- saturated (g)	10.7g	1.7g
Carbohydrate (g)	68g	10.8g
- sugars (g)	21.1g	3.3g
Sodium (mg)	1777mg	281mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic** and **brown onion**.
- Grate **carrot**.
- Drain **sweetcorn**.
- Drain and rinse **black beans**.

**Custom Recipe:** If you've added beef mince, drain and rinse half the black beans.



## Char the corn

- Meanwhile, roughly chop **baby spinach leaves**.
- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **corn** kernels until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

**TIP:** Cover the pan with a lid if the kernels are 'popping' out.



## Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **onion**, stirring, until tender, **3-4 minutes**.
- **SPICY!** You may find the spice blend hot! Add less if sensitive to heat. Add **garlic** and **Mexican Fiesta spice blend**, stirring until fragrant, **1 minute**.
- Add **beans**, the **water**, the **brown sugar** and the **plant-based butter** and cook, stirring, until thickened, **2-3 minutes**.
- Remove from heat. Stir through half the **enchilada sauce**, until combined. Season.

**Custom Recipe:** Cook beef mince with the carrot, breaking up with a spoon, 3-4 minutes. Drain oil from pan then continue with step as above.



## Make the salsa

- To the bowl with the corn, add **baby spinach leaves** and a drizzle of **olive oil**.
- Toss to combine. Season to taste.



## Bake the taquitos

- Lay **mini flour tortillas** on a chopping board. Spoon **filling** down the centre.
- Roll each **tortilla** up tightly and place, seam-side down, evenly spaced on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Bake until golden and starting to crisp, **8-10 minutes**.



## Serve up

- Divide black bean loaded taquitos between plates.
- Top with remaining enchilada sauce and corn salsa.
- Drizzle over **plant-based aioli** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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