



# Tex-Mex Black Bean Tacos

with Corn-Coriander Slaw & Plant-Based Aioli

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Sweetcorn



Black Beans



Tex-Mex Spice Blend



Tomato Paste



Vegetable Stock Powder



Shredded Cabbage Mix



Plant-Based Aioli



Mini Flour Tortillas



Plant-Based Grated Cheese



Coriander



Beef Mince

Prep in: **15-25 mins**  
Ready in: **25-35 mins**



Plant-Based\*

\*Custom Recipe is not Plant-Based

Transform black beans into something special by spiking them with our Tex-Mex spice blend and tomato sauce. Stuff the bean mixture into warm flour tortillas, top with a creamy slaw (and some tasty plant-based cheese ) and dinner is done!

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

### Pantry items

Olive Oil, White Wine Vinegar

## 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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
black beans	1 packet	2 packets
Tex-Mex spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
tomato paste	1 packet	1 packet
<b>water*</b>	½ cup	1 cup
vegetable stock powder	1 medium sachet	1 large sachet
shredded cabbage mix	1 medium bag	1 large bag
plant-based aioli	1 packet (50g)	2 packets (100g)
<b>white wine vinegar*</b>	drizzle	drizzle
mini flour tortillas	6	12
plant-based grated cheese	1 medium packet	2 medium packets
coriander	1 bag	1 bag
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)	3173kJ (758Cal)	494kJ (118Cal)
Protein (g)	29.3g	4.6g
Fat, total (g)	28.9g	4.5g
- saturated (g)	5.7g	0.9g
Carbohydrate (g)	87.2g	13.6g
- sugars (g)	21.5g	3.3g
Sodium (mg)	2261mg	352mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4118kJ (984Cal)	537kJ (128Cal)
Protein (g)	56.8g	7.4g
Fat, total (g)	41.7g	5.4g
- saturated (g)	11.3g	1.5g
Carbohydrate (g)	87.2g	11.4g
- sugars (g)	21.5g	2.8g
Sodium (mg)	2337mg	305mg

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



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## Get prepped

- Finely chop **brown onion** and **garlic**.
- Grate **carrot**.
- Drain **sweetcorn**.
- Drain and rinse **black beans**.

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

3



## Toss the slaw

- While the beans are cooking, in a medium bowl, combine **shredded cabbage mix**, **plant-based aioli** and a drizzle of the **white wine vinegar**. Season to taste.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

2



## Cook the beans

- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **onion**, **carrot** and **corn**, stirring, until starting to brown, **4-5 minutes**.
- Add **garlic**, **Tex-Mex spice blend** and **tomato paste** and cook until fragrant, **1 minute**. Add **black beans**, the **water** and **vegetable stock powder**. Cook until thickened, **1-2 minutes**.
- Remove pan from heat. Lightly mash **bean mixture** with a fork or potato masher. Season to taste.

**TIP:** The spice blend is mild, but use less if you're sensitive to heat

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

4



## Serve up

- Fill each tortilla with slaw and Tex-Mex black beans.
- Sprinkle with **plant-based grated cheese** and tear over **coriander** to serve. Enjoy!

## Rate your recipe

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