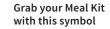


# Super Quick Tex-Mex Black Bean Tacos with Deluxe Slaw & Plant-Based Aioli

CLIMATE SUPERSTAR













Pre-Chopped Onion

Garlic Paste





Tex-Mex Spice Blend

**Tomato Paste** 



Vegetable Stock

Deluxe Slaw





Plant-Based

Mini Flour Tortillas







Coriander

Pickled Jalapeños (Optional)



Prep in: 15-25 mins Ready in: 15-25 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 jalapeños if you'd like some heat), 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

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	2 People	4 People
olive oil*	refer to method	refer to method
black beans	1 packet	2 packets
carrot	1	2
pre-chopped onion	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
Tex-Mex spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
tomato paste	1 packet	1 packet
water*	½ cup	1 cup
vegetable stock powder	1 medium sachet	1 large sachet
deluxe slaw mix	1 medium bag	1 large bag
plant-based aioli	1 medium packet	2 medium packets
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
coriander	1 bag	1 bag
pickled jalapeños (optional) ✓	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2977kJ (712Cal)	487kJ (116Cal)
Protein (g)	27.6g	4.5g
Fat, total (g)	26.4g	4.3g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	81.1g	13.3g
- sugars (g)	16.5g	2.7g
Sodium (mg)	1912mg	313mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3922kJ (937Cal)	532kJ (127Cal)
Protein (g)	55.1g	7.5g
Fat, total (g)	39.2g	5.3g
- saturated (g)	8.8g	1.2g
Carbohydrate (g)	81.1g	11g
- sugars (g)	16.5g	2.2g
Sodium (mg)	1987mg	270mg

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 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

- Drain and rinse black beans.
- Grate carrot.



# Assemble the slaw

- Meanwhile, in a large bowl, combine deluxe slaw mix, plant-based aioli and a drizzle of the white wine vinegar. Season.
- Microwave mini flour tortillas on a plate in 10 second bursts, until warmed though.



## Cook the beans

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook black beans, pre-chopped onion and carrot, stirring, until tender, 3-4 minutes.
- Reduce heat to medium-high and add garlic paste, Tex-Mex spice blend and tomato paste. Cook until fragrant, 1 minute.
- Stir in the water and vegetable stock powder until slightly thickened,
  1-2 minutes. Remove pan from heat. Lightly mash bean mixture with a fork or potato masher. Season to taste.

**Custom Recipe:** If you've added beef mince, only use half of the black beans. Heat a large frying pan over high heat. Add beef mince (no need for oil!), breaking up with a spoon, until just browned, 3-4 minutes. In the last minute of cook time, add black beans, pre-chopped onion, and carrot, stirring until tender, 3 minutes. Follow instructions for the rest of the step.



## Serve up

- Fill each tortilla with deluxe slaw and Tex-Mex black beans.
- Tear over coriander. Sprinkle with pickled jalapeños (if using) to serve. Enjoy!