



Super Quick Tex-Mex Black Bean Tacos

with Deluxe Slaw & Plant-Based Aioli

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Black Beans



Carrot



Pre-Chopped Onion



Garlic Paste



Tex-Mex Spice Blend



Tomato Paste



Vegetable Stock Powder



Deluxe Slaw Mix



Plant-Based Aioli



Mini Flour Tortillas



Coriander



Pickled Jalapeños (Optional)



Beef Mince

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

	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

*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



1



Get prepped

- Drain and rinse **black beans**.
- Grate **carrot**.

3



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.

2



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.

4



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!

Rate your recipe

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