



Black Bean Loaded Taquitos

with Charred Corn Salsa & Enchilada Sauce

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Garlic



Brown Onion



Carrot



Sweetcorn



Black Beans



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Baby Spinach Leaves



Plant-Based Aioli



Beef Mince



Pork Mince

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

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!

Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
brown onion	1	2
carrot	1	2
sweetcorn	1 medium tin	1 large tin
black beans	1 packet	2 packets
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
brown sugar*	½ tbs	1 tbs
plant-based butter*	20g	40g
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
baby spinach leaves	1 small packet	1 medium packet
plant-based aioli	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3393kJ (811Cal)	562kJ (134Cal)
Protein (g)	27g	4.5g
Fat, total (g)	35g	5.8g
- saturated (g)	6.1g	1g
Carbohydrate (g)	87.2g	14.4g
- sugars (g)	20.7g	3.4g
Sodium (mg)	1780mg	295mg
Dietary Fibre (g)	23.4g	3.9g

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

2024 | CW30



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**.



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**, **brown sugar** and **plant-based butter** and cook, stirring, until thickened, **2-3 minutes**.
- Remove from heat. Stir through half the **enchilada sauce**, until combined. Season.



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 **tortillas** up tightly and place, seam-side down, evenly spaced on the 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 charred corn salsa.
- Drizzle over **plant-based aioli** to serve. Enjoy!

CUSTOM OPTIONS



ADD BEEF MINCE

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD PORK MINCE

Before cooking sauce, cook pork mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

