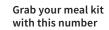


Black Bean Loaded Taquitos with Avocado-Corn Salsa & Enchilada Sauce











Brown Onion







Coriander









Sweetcorn

Black Beans





Mexican Fiesta Enchilada Sauce Spice Blend



Mini Flour Tortillas

Baby Spinach





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



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	1
capsicum	1	2
coriander	½ packet	1 packet
avocado	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*	1/4 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

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3204kJ (766cal)	241kJ (58cal)
Protein (g)	27.7g	2.1g
Fat, total (g)	28.5g	2.1g
- saturated (g)	6g	0.5g
Carbohydrate (g)	88.2g	6.6g
- sugars (g)	20.2g	1.5g
Sodium (mg)	1646mg	123.6mg
Dietary Fibre (g)	28.1g	2.1g

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.



Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Finely chop garlic and brown onion (see ingredients).
- · Roughly chop capsicum into small chunks.
- · Roughly chop coriander (see ingredients).
- Slice **avocado** in half, scoop out flesh and roughly chop.
- Grate carrot.
- Drain sweetcorn.
- · Drain and rinse black beans.



Cook the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot, onion and capsicum 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 black beans, the water, brown sugar and plant-based butter, then cook, stirring, until thickened. 2-3 minutes.
- · Remove from heat. Stir through half the enchilada sauce, until combined. Season to taste with salt and pepper.



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 a lined oven tray. Drizzle with olive oil and season with salt and pepper.
- Bake until golden and starting to crisp, 8-10 minutes.



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, tossing until lightly browned, 4-5 minutes. Transfer to a medium bowl.

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



Make the salsa

- To the bowl with the corn, add spinach, avocado, coriander, a splash of vinegar and a drizzle of olive oil.
- Toss to combine. Season to taste.



Serve up

- Divide black bean loaded taquitos between
- · Top with remaining enchilada sauce and avocado-corn salsa to serve. Enjoy!





