

Black Bean Loaded Taquitos

with Avocado-Corn Salsa & Enchilada Sauce

Grab your meal kit with this number

7



Garlic



Brown Onion



Capsicum



Coriander



Avocado



Carrot



Sweetcorn



Black Beans



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Baby Spinach Leaves




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	½	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*	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

*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**.



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.



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**.



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.



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**.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS

+ ADD BEEF MINCE

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

+ ADD PORK MINCE

Cook with filling, 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.

