



Black Bean & Veggie Taquitos

with Charred Corn Salsa & Enchilada Sauce

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Carrot



Sweetcorn



Black Beans



Mexican Fiesta Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Baby Spinach Leaves



Plant-Based Aioli



Beef Mince

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



Plant Based*

*Custom Recipe is not 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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter

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 · Oven tray lined with baking paper

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 tin (125g)	1 tin (300g)
black beans	1 tin	2 tins
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 (150g)	2 packets (300g)
mini flour tortillas	6	12
baby spinach leaves	1 small bag	1 medium bag
plant-based aioli	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3093kJ (739Cal)	531kJ (126Cal)
Protein (g)	26g	4.5g
Fat, total (g)	27.7g	4.8g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	84.7g	14.5g
- sugars (g)	18.1g	3.1g
Sodium (mg)	1933mg	332mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4038kJ (965Cal)	571kJ (136Cal)
Protein (g)	53.6g	7.6g
Fat, total (g)	40.5g	5.7g
- saturated (g)	8.9g	1.3g
Carbohydrate (g)	84.7g	12g
- sugars (g)	18.1g	2.6g
Sodium (mg)	2008mg	284mg

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

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic** and **brown onion**. Grate **carrot**.
- Drain **sweetcorn**. Drain and rinse **black beans**.

Custom Recipe: If you've added beef mince, only drain and rinse 1/2 the black beans.



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **brown onion**, stirring, until softened, **2-3 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**, the **brown sugar** and the **plant-based butter** and cook, stirring, until thickened, **2-3 minutes**.
- Remove from heat. Stir through 1/2 the **enchilada sauce**, until combined. Season.

Custom Recipe: Cook beef mince with carrot and onion, breaking up with a spoon, until browned, 3-4 minutes. Drain oil from pan for best results. Continue with step as above.



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.



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 some **filling** down the centre of a **tortilla**, then roll up tightly and place, seam-side down, on a lined oven tray.
- Repeat, with remaining **tortillas** and filling, evenly spacing on 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 taquitos between plates.
- Top with remaining enchilada sauce and corn salsa.
- Drizzle over **plant-based aioli** to serve. Enjoy!

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