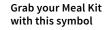
# Chipotle Bean Tacos with Sour Cream & Cheddar









**Brown Onion** 











Cos Lettuce

Coriander



Black Beans



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce





Mini Flour Tortillas



Shredded Cheddar Cheese

**Pantry items** 

Olive Oil, White Wine Vinegar

There's a whole lot of goodness packed into these handheld delights – and we're not just talking about the fibre-rich black beans and vitamin-packed veggies. With our mild chipotle sauce, Tex-Mex spice blend and soft and supple mini flour tortillas, it's the perfect mix of nutrition and deliciousness. Dig in!

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Large frying pan

## Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1	2	
garlic	2 cloves	4 cloves	
corn	1 cob	2 cobs	
tomato	1	2	
coriander	1 bag	1 bag	
cos lettuce	½ head	1 head	
black beans	1 tin	2 tins	
Tex-Mex spice blend	½ sachet	1 sachet	
tomato paste	1 sachet	2 sachets	
water*	½ cup	1 cup	
mild chipotle sauce	1 tub (40g)	2 tubs (80g)	
sour cream	1 packet (100g)	1 packet (200g)	
mini flour tortillas	6	12	
white wine vinegar*	1 tsp	2 tsp	
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g	
Energy (kJ)	3293kJ (787Cal)	563kJ (134Cal)	
Protein (g)	29g	5g	
Fat, total (g)	33.5g	5.7g	
- saturated (g)	13.6g	2.3g	
Carbohydrate (g)	81.5g	13.9g	
- sugars (g)	21g	3.6g	
Sodium (mg)	1563mg	267mg	

## **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

Finely chop the **brown onion**. Finely chop the **garlic**. Slice the **corn** kernels from the cob. Finely chop the **tomato**. Roughly chop the **coriander**. Shred the **cos lettuce** (see ingredients). Drain and rinse the **black beans**.



#### Make the charred corn salsa

Heat a large frying pan over a medium-high heat. Cook the **corn** kernels, tossing occasionally, until golden and lightly charred, **4-5 minutes**. Transfer to a medium bowl.

**TIP:** Cover the pan with a lid or foil if the corn kernels start "popping" out!



## Start the filling

SPICY! This is a mild spice blend, but feel free to add less or more, depending on your taste. Return the frying pan to a medium-high heat with a drizzle of olive oil. Cook the onion until softened, 2-3 minutes. Add the garlic and cook until fragrant, 1 minute. Add the black beans and cook until softened, 2-3 minutes. Add another drizzle of olive oil and the Tex-Mex spice blend (see ingredients) and cook until fragrant, 1 minute.



## Make it saucy

Add the **tomato paste**, 1/2 the **mild chipotle sauce** and the **water** to the frying pan and stir to coat. Reduce the heat to medium and simmer until the sauce has thickened slightly, **4-5 minutes**. Season to taste.

TIP: Add a dash more water to loosen if needed!



# Bring it all together

In a small bowl, combine the **sour cream** and the **remaining mild chipotle sauce**. Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second** bursts, until warmed through. Add the **tomato**, **coriander**, **white wine vinegar** and a drizzle of **olive oil** to the **corn**. Season to taste and toss to coat.



## Serve up

Take everything to the table to serve. Spread a layer of chipotle sour cream over each tortilla. Top with chopped cos lettuce, the chipotle black beans, **shredded Cheddar cheese** and charred corn salsa.

## Enjoy!