



Chipotle Bean Tacos

with Sour Cream & Cheddar

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Corn



Tomato



Coriander



Cos Lettuce



Black Beans



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



Sour Cream



Mini Flour Tortillas



Shredded Cheddar Cheese

Hands-on: 20-30 mins
Ready in: 20-30 mins

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!

Pantry items

Olive Oil, White Wine Vinegar

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

	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)

*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 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!



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!



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.



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**.



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!