



Chipotle Bean Tacos & Corn Salsa

with Sour Cream & Cheddar

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Corn



Tomato



Coriander



Cos Lettuce



Red Kidney Beans



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



Mini Flour Tortillas



Sour Cream



Shredded Cheddar Cheese

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

Spicy (Tex-Mex spice blend)

There's a whole lot of goodness packed into these handheld delights – and we're not just talking about the fibre-rich red kidney 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 | ½ | 1 |
| garlic | 2 cloves | 4 cloves |
| corn | 1 cob | 2 cobs |
| tomato | 1 | 2 |
| coriander | 1 bag | 1 bag |
| cos lettuce | ½ head | 1 head |
| red kidney 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) |
| mini flour tortillas | 6 | 12 |
| white wine vinegar* | 1 tsp | 2 tsp |
| sour cream | 1 packet (100g) | 1 packet (200g) |
| shredded Cheddar cheese | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2990kJ (714Cal) | 494kJ (118Cal) |
| Protein (g) | 28.5g | 4.7g |
| Fat, total (g) | 27.7g | 4.6g |
| - saturated (g) | 12.5g | 2.1g |
| Carbohydrate (g) | 85.8g | 14.2g |
| - sugars (g) | 16.0g | 2.7g |
| Sodium (g) | 1750mg | 289mg |

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Finely chop the **brown onion** (see ingredients list). Finely chop the **garlic** (or use a garlic press). Cut the **corn** kernels off the cob. Finely chop the **tomato**. Roughly chop the **coriander**. Shred the **cos lettuce** (see ingredients list). Drain and rinse the **red kidney beans**.



4. Make it saucy

Add the **tomato paste**, **mild chipotle sauce** and **water** to the frying pan and stir to combine. Reduce the heat to medium and simmer until the sauce has thickened slightly, **4-5 minutes**. Season to taste with **salt** and **pepper**.

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



2. Char the corn

Heat a large frying pan over a medium-high heat. Add the **corn** kernels and cook, tossing, 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!



5. Heat the mini flour tortillas

Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through. To the bowl with the **corn**, add the **tomato**, **coriander**, **white wine vinegar** and a **drizzle** of **olive oil**. Season to taste with **salt** and **pepper** and toss to combine.



3. Start the bean 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**. Add the **onion** and cook until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **red kidney beans** and cook until softened, **2-3 minutes**. Add another **drizzle** of **olive oil** and the **Tex-Mex spice blend** (see ingredients list) and cook until fragrant, **1 minute**.



6. Serve up

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

Enjoy!