



Creole BBQ Bean Tacos

with Zesty Slaw & Pickled Chilli



Grab your Meal Kit with this symbol



Brown Onion



Carrot



Long Red Chilli (Optional)



Lemon



Red Kidney Beans



Sweetcorn



Creole Spice Blend



Tomato Paste



BBQ Sauce



Shredded Cheddar Cheese



Mayonnaise



Slaw Mix



Mini Flour Tortillas

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Spicy (optional long red chilli)

Do you like your meals to look as good as they taste? Step right up, because these eye-catching veggie tacos tick both those boxes. Just wait til you try the slaw – with our secret ingredient of lemon zest it has plenty of zing!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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

Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
carrot	1	2
long red chilli (optional)	1	2
lemon	½	1
red kidney beans	1 tin	2 tins
sweetcorn	1 tin (125g)	1 tin (300g)
vinegar* (white wine or rice wine)	2 tbs	4 tbs
water* (for the pickle)	2 tbs	4 tbs
Creole spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
BBQ sauce	1 tub (40g)	2 tubs (80g)
water* (for the sauce)	½ cup	1 cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
mayonnaise	1 packet (40g)	2 packets (80g)
slaw mix	1 bag (150g)	1 bag (300g)
mini flour tortillas	6	12

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3060kJ (731Cal)	476kJ (114Cal)
Protein (g)	25.1g	3.9g
Fat, total (g)	28.8g	4.5g
- saturated (g)	7.6g	1.2g
Carbohydrate (g)	81.1g	12.6g
- sugars (g)	25.9g	4.0g
Sodium (g)	1800mg	281mg

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

Thinly slice the **brown onion**. Grate the **carrot** (unpeeled). Thinly slice the **long red chilli** (if using). Zest the **lemon** (see ingredients list) to get a **good pinch**, then slice into wedges. Drain and rinse the **red kidney beans**. Drain the **sweetcorn**. If using the chilli, combine the **vinegar**, **water** (for the pickle) and a **good pinch** of **sugar** and **salt** in a small bowl. Add the **chilli** and toss to coat. Set aside.



4. Make the zesty slaw

To the bowl with the **sweetcorn**, add the **lemon zest**, a **good squeeze** of **lemon juice**, the **mayonnaise**, a **pinch** of **salt** and **pepper** and **olive oil** (2 tsp for 2 people / 1 tbs for 4 people). Mix to combine. Add the **slaw mix** and toss to coat.



2. Char the corn

Heat a medium frying pan over a high heat. When the pan is hot, add the **sweetcorn** and cook, tossing, until golden and lightly charred, **5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



5. Heat the tortillas

Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



3. Cook the Creole BBQ beans

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion** and **carrot** and cook until softened, **4-5 minutes**. Add the **Creole spice blend** and cook until fragrant, **1 minute**. Stir in the **red kidney beans**, **tomato paste**, **BBQ sauce**, **water** (for the sauce) and a **pinch** of **salt** and **pepper** and cook until the beans have softened and the liquid is reduced, **2-3 minutes**. Remove from the heat and sprinkle the **shredded Cheddar cheese** over the bean mixture to melt slightly.



6. Serve up

Drain the pickled chilli (if using). Bring everything to the table to serve. Build your tacos by topping the tortillas with some Creole BBQ beans, a helping of zesty slaw and pickled chilli (if using). Serve with the remaining lemon wedges.

Enjoy!