



TEX-MEX BEAN TACOS

with Cheddar, Sour Cream & Tomato Salsa



Make a classic bean taco



Red Capsicum



Red Kidney Beans



Tomato



Coriander



Tex-Mex Spice Blend



Enchilada Sauce



Mini Flour Tortillas



Chopped Cos Lettuce



Shredded Cheddar Cheese



Sour Cream



Hands-on: 25 mins

Ready in: 25 mins

Need dinner on the table, double-quick? These Tex-Mex bean tacos have your name written all over them. They're full of flavour, filling and packed with veggies, and you can whip them up with one hand behind your back. Well, close enough!

Pantry Staples: Olive Oil, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan**



1 GET PREPPED

Chop the **red capsicum** into 1cm chunks. Drain and rinse the **red kidney beans**.



2 MAKE THE SALSA

Finely chop the **tomato**. Roughly chop the **coriander**. In a small bowl, combine the tomato, coriander, **vinegar**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**.



3 COOK THE CAPSICUM

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **red capsicum** and cook, stirring, until softened, **4-5 minutes**.



4 ADD THE BEANS

Add the **red kidney beans** and **Tex-Mex spice blend** to the frying pan and cook, stirring, until coated and fragrant, **1 minute**. Reduce the heat to medium, add the **enchilada sauce** and stir through until well combined, **1 minute**. Season to taste with **salt** and **pepper**.



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.



6 SERVE UP

Take everything to the table. Build your tacos by adding a helping of chopped cos lettuce to the base of a tortilla. Top with the Tex-Mex beans, **shredded Cheddar cheese**, **sour cream** and finish with the tomato salsa.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red capsicum	1	2
red kidney beans	1 tin	2 tins
tomato	1	2
coriander	1 bag	1 bag
vinegar* (white wine or red wine)	1 tsp	2 tsp
Tex-Mex spice blend	1 sachet	2 sachets
enchilada sauce	1 packet (150 g)	1 packet (300 g)
mini flour tortillas	6	12
chopped cos lettuce	1 bag (60 g)	1 bag (120 g)
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
sour cream	1 packet (100 g)	1 packet (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2660kJ (636Cal)	488kJ (117Cal)
Protein (g)	24.4g	4.5g
Fat, total (g)	26.9g	4.9g
- saturated (g)	12.4g	2.3g
Carbohydrate (g)	67.0g	12.3g
- sugars (g)	14.6g	2.7g
Sodium (g)	1410mg	258mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2019 | WK23

