

TEX-MEX BEAN TACOS

with Cheddar, Sour Cream & Tomato Salsa





Make a classic bean taco



Red Capsicum











Coriander



Tex-Mex Spice



Enchilada Sauce



Tortillas

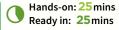




Shredded Cheddar Cheese



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



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



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



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.



Teach 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.



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.



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.



SERVE UPTake 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!

INGREDIENTS

2P	4P
refer to method	refer to method
1	2
1 tin	2 tins
1	2
1 bag	1 bag
1 tsp	2 tsp
1 sachet	2 sachets
1 packet (150 g)	1 packet (300 g)
6	12
1 bag (60 g)	1 bag (120 g)
1 packet (50 g)	1 packet (100 g)
1 packet (100 g)	1 packet (200 g)
	refer to method 1 1 tin 1 1 bag 1 tsp 1 sachet 1 packet (150 g) 6 1 bag (60 g) 1 packet (50 g) 1 packet

*Pantry Items

PER SERVING	PER 100G
2660kJ (636Cal)	488kJ (117Cal)
24.4g	4.5g
26.9g	4.9g
12.4g	2.3g
67.0g	12.3g
14.6g	2.7g
1410mg	258mg
	2660kJ (636Cal) 24.4g 26.9g 12.4g 67.0g 14.6g

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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