



Everything But The Chef

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Bean & Mushroom Tacos with Guacamole

Let's hear it for mid-week Mexican! There is something so satisfying about bringing together all of these delicious elements for a bit of crafty dinner assemblage. Every mouthful is a kaleidoscope of yummy avo, sweet corn, fragrant mushroom and beans and fresh herbs. Grab a handful of each colour of the rainbow and start crafting your unique masterpiece, topped with Tapatio hot sauce – the perfect authentic heat for this sizzling fiesta.

Prep: 10 mins
Cook: 10 mins
Total: 20 mins

level 1

lactose free

gluten free

vegan

spicy

Pantry Items

| | | | | | | |
|---------------|-----------------------|----------------------|-------------------------------|-----------------|-----------------------|---------------|
| Olive Oil | Avocado | Birdseye Chilli | Lemon | Corn | Coriander | Red Onion |
| Mushrooms | Mexican Spice Mix | Red Kidney Beans | Mini White Corn Tortillas | Red Cabbage | Tapatio Hot Sauce | |

| 2P | 4P | Ingredients |
|----------|-----------|--|
| 1 | 2 | avocado |
| 1 | 2 | birdseye chilli, deseeded & finely chopped |
| ½ | 1 | lemon, juiced |
| 1 cob | 2 cobs | corn, shucked & kernels removed |
| ½ bunch | 1 bunch | coriander, finely chopped |
| ½ | 1 | red onion, finely sliced |
| 2 tsp | 1 tbs | olive oil * |
| 1 punnet | 2 punnets | mushrooms, sliced |
| 2 tsp | 1 tbs | Mexican spice mix |
| 1 tin | 2 tins | red kidney beans, drained & rinsed |
| 1 packet | 2 packets | mini white corn tortillas |
| 2 cups | 4 cups | finely shredded red cabbage |
| 1 sachet | 2 sachets | Tapatio hot sauce |

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

| | | |
|--------------|------|----|
| Energy | 3000 | Kj |
| Protein | 23.1 | g |
| Fat, total | 26.1 | g |
| -saturated | 4.8 | g |
| Carbohydrate | 85 | g |
| -sugars | 8.1 | g |
| Sodium | 344 | mg |

Measuretool

| | | |
|------|------|------|
| 0 cm | 1 cm | 2 cm |
| | | |



You will need: chopping board, chef's knife, sieve, fork, three small bowls, and a medium frying pan.

1 In a small bowl, mash the **avocado** with a fork and stir through the **birdseye chilli**, half of the **lemon juice** and a pinch of **salt**. Set aside.

2 In a separate small bowl combine the **corn kernels**, **coriander**, a third of the **red onion** and the remaining lime juice. Set aside.

3 In a medium frying pan heat the **olive oil** over a medium-high heat. Add the remaining red onion and cook, stirring, for **3 minutes** or until softened. Add the **mushrooms** and cook, stirring, for **4-5 minutes** or until softened. Add the **Mexican spice mix** and **red kidney beans** and cook stirring for **1 minute** or until the seasoning is fragrant and the mushrooms and beans are well coated.

4 Heat the **mini white corn tortillas** according to the packet directions.

5 Serve up the warm tortillas, Mexican spiced beans and mushrooms, corn salsa, **red cabbage** and guacamole and let everyone create their own sizzling taco masterpiece. If you like heat, drizzle with some **Tapatio hot sauce**.



Did you know? Tortillas were actually canned between the 1930s-1980s - thank goodness that's changed!