



American BBQ Cheesy Bean Tacos

with Zesty Slaw & Pickled Chilli

Grab your Meal Kit with this symbol



Brown Onion



Long Green Chilli (Optional)



Lemon



Red Kidney Beans



Sweetcorn



All-American 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 green chilli)

Do you like your meals to look as good as they taste? Step right up – 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 (medium)	1 (large)
long green chilli (optional)	½	1
lemon	½	1
red kidney beans	1 tin	2 tins
sweetcorn	½ tin	1 tin
vinegar* (white wine or rice wine)	2 tbs	¼ cup
water* (for the pickle)	2½ tbs	½ cup
All-American spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
BBQ sauce	1 packet (40g)	2 packets (80g)
water* (for the sauce)	½ cup	1 cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
mayonnaise	1 packet (40g)	1 packet (100g)
slaw mix	1 bag (200g)	1 bag (400g)
mini flour tortillas	8	16

*Pantry Items

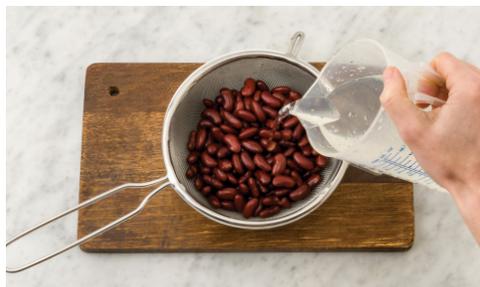
Nutrition

	Per Serving	Per 100g
Energy (kJ)	3430kJ (818Cal)	574kJ (137Cal)
Protein (g)	27.0g	4.5g
Fat, total (g)	31.6g	5.3g
- saturated (g)	7.9g	1.3g
Carbohydrate (g)	94.6g	15.8g
- sugars (g)	25.5g	4.3g
Sodium (mg)	2000mg	336mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Thinly slice the **brown onion**. Thinly slice the **long green chilli** (see ingredients list), if using. Zest the **lemon** to get a pinch, then slice into wedges. Drain and rinse the **red kidney beans**. Drain the **sweetcorn** (see ingredients list). If using the **green 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.

TIP: If you're not a fan of pickled chilli, feel free to use it fresh as a garnish!



4. Make the zesty slaw

While the beans are cooking, 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 / 4 tsp for 4 people) to the bowl with the charred **corn**. Toss 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 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 cheesy beans

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion** and cook until softened, **4-5 minutes**. Add the **All-American 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 thickened slightly, **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 cheesy BBQ bean mixture, a helping of zesty slaw and some pickled chilli (if using). Serve with any remaining lemon wedges.

Enjoy!