



# CHIPOTLE BLACK BEAN TACOS

with Sour Cream & Cheddar



Flavour black beans with chipotle



Brown Onion



Garlic



Tomato



Coriander



Cos Lettuce



Sweetcorn



Black Beans



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



Mini Flour Tortillas



Sour Cream



Shredded Cheddar Cheese



Hands-on: 20-30 mins

Ready in: 20-30 mins

There's a whole lot of goodness packed into these handheld delights – and we're not just talking about the fibre-rich black beans and vitamin-packed veggies. With our mild chipotle sauce, Tex-Mex spice blend and soft and supple mini flour tortillas, it's the perfect mix of nutrition and deliciousness. Dig in!

**Pantry Staples:** Olive Oil, White Wine Vinegar

## BEFORE YOU START

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

- **large frying pan**



### 1 GET PREPPED

Finely chop the **brown onion** (see **ingredients list**). Finely chop the **garlic** (or use a garlic press). Finely chop the **tomato**. Roughly chop the **coriander**. Shred the **cos lettuce** (see **ingredients list**). Drain the **sweetcorn** (see **ingredients list**). Drain and rinse the **black beans**.



### 2 MAKE THE CORN SALSA

Heat a large frying pan over a medium-high heat. Add the **corn** kernels and cook, tossing occasionally, until golden and lightly charred, **4-5 minutes**. **TIP:** Cover the pan with a lid or foil if the kernels start jumping out! Transfer to a medium bowl to cool slightly. Just before serving, add the **tomato**, **coriander**, **white wine vinegar** and a **drizzle of olive oil** to the bowl with the **corn**. Toss to coat and season to taste with **salt** and **pepper**.



### 3 SOFTEN THE BLACK BEANS

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **black beans** and cook until softened, **2-3 minutes**. Add **another drizzle of olive oil** and the **Tex-Mex spice blend** (see **ingredients list**) and cook until fragrant, **1 minute**.



### 4 MAKE IT SAUCY

Add the **tomato paste** (see **ingredients list**), **mild chipotle sauce** and **water** to the frying pan and stir to coat. Reduce the heat to medium and simmer until the sauce has thickened slightly, **4-5 minutes**. Season to taste with salt and pepper. **TIP:** Add a dash more water if to loosen if needed!



### 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. Spread a layer of the **sour cream** over the base of a tortilla. Add a helping of the cos lettuce, spoon over the chiptole black beans and top with the **shredded Cheddar cheese** and charred corn salsa.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	½	1
garlic	2 cloves	4 cloves
tomato	1	2
coriander	1 bunch	1 bunch
cos lettuce	½ head	1 head
sweetcorn	½ tin	1 tin
black beans	1 tin	2 tins
white wine vinegar*	1 tsp	2 tsp
Tex-Mex spice blend	½ sachet	1 sachet
tomato paste	¾ tin	1½ tins
mild chipotle sauce	1 packet (40g)	2 packets (80g)
water*	½ cup	1 cup
mini flour tortillas	6	12
sour cream	1 packet (125g)	2 packets (250g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3260kJ (779Cal)	520kJ (124Cal)
Protein (g)	33.2g	5.3g
Fat, total (g)	28.5g	4.5g
- saturated (g)	13.1g	2.1g
Carbohydrate (g)	99.4g	15.9g
- sugars (g)	15.5g	2.5g
Sodium (g)	2250mg	359mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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