



# Fried Bean and Mushroom Tacos

with Baby Gem and Chipotle Mayo

**Rapid** 20 Minutes • Medium Spice • 1 of your 5 a day • Veggie

17



Red Onion



Closed Cup Mushrooms



Lime



Black Beans



Garlic Clove



Tomato Puree



Ground Cumin



Smoked Paprika



Vegetable Stock Paste



Mayonnaise



Chipotle Paste



Plain Taco Tortilla



Greek Style Salad Cheese



Baby Gem Lettuce

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Sieve, bowl, garlic press, frying pan, measuring jug and baking tray.

## Ingredients

	2P	3P	4P
Red Onion**	1	2	2
Closed Cup Mushrooms**	150g	225g	300g
Lime**	½	1	1
Black Beans	1 carton	2 cartons	2 cartons
Garlic Clove**	1	2	2
Tomato Puree	1 sachet	2 sachets	2 sachets
Ground Cumin	1 sachet	1 sachet	2 sachets
Smoked Paprika	1 sachet	1 sachet	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Mayonnaise <b>8) 9)</b>	2 sachets	3 sachets	4 sachets
Chipotle Paste	1 sachet	1 sachet	2 sachets
Plain Taco Tortilla <b>13)</b>	4	6	8
Greek Style Salad Cheese** <b>7)</b>	100g	150g	200g
Baby Gem Lettuce**	1	2	2

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	493g	100g
Energy (kJ/kcal)	2470 /590	501 /120
Fat (g)	26	5
Sat. Fat (g)	11	2
Carbohydrate (g)	65	13
Sugars (g)	9	2
Protein (g)	22	5
Salt (g)	3.78	0.77

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 9) Mustard 10) Celery 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Prepped

- Preheat your oven to 180°C.
- Halve, peel and thinly slice the **red onion**. Thinly slice the **mushrooms**. Cut the **lime** into 4 wedges.
- Drain and rinse the **black beans** in a sieve. Pop **half the black beans** into a bowl and roughly crush with the back of a fork.
- Peel and grate the **garlic** (or use a garlic press).



## Make the Chipotle Mayo

- Put the **mayo** and **chipotle paste** in a small bowl (careful, the **chipotle** is hot - use less if you don't like heat). Mix well.
- Loosen the **mayo** with a splash of **water** (it needs to be able to drizzle).
- Season to taste with a squeeze of **lime**.



## Cook the Veg

- Heat a drizzle of **oil** in a large frying pan over medium-high heat.
- Add the **onion** and fry until softened, 3-4 mins.
- Add the **sliced mushrooms** to the pan. Fry for 4-5 mins until they soften and start to colour.



## Finishing Touches

- Pop the **tortillas** directly onto the top shelf of the oven for 1-2 mins to heat through.
- Crumble the **Greek style salad cheese**.
- Trim the root from the **baby gem lettuce**, then halve lengthways. Thinly slice widthways and toss with a squeeze of **lime juice**.



## Flavour Time

- Add another drizzle of **oil**, then stir the **garlic**, **tomato puree**, **ground cumin**, **smoked paprika** and **black beans** (both crushed and whole) into the **mushrooms** and cook for 1 min.
- Add the **water for the sauce** (see ingredients for amount) and **veg stock paste**. Stir to combine. Cook for a further 5-6 mins.
- Season to taste with **salt** and **pepper**, then turn the heat to low while you finish everything else.



## Build the Tacos

- Lay a warm **tortilla** on a board or plate.
- Add a handful of **lettuce** to the base. Top with a couple of spoonfuls of the **bean and mushroom mix**. Finish with a sprinkle of **Greek style salad cheese** and a good drizzle of the **chipotle mayo**.
- Fold in half and transfer to a plate. Repeat with the other **tortillas** (2 per person).
- Serve with any extra **lime wedges**. Dig in!

Enjoy!