



Fried Bean and Mushroom Tacos

with Feta and Chipotle Mayo

RAPID 20 Minutes • Medium Heat • 2.5 of your 5 a day • Veggie

N° 16



Onion



Lime



Red Kidney Beans



Garlic Clove



Sliced Mushrooms



Coriander



Tomato Puree



Ground Cumin



Smoked Paprika



Mayonnaise



Chipotle Paste



Wholemeal Tortilla



Feta Cheese



Baby Gem Lettuce

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Sieve and Large Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	2	2
Lime**	1	1	2
Red Kidney Beans	1 carton	2 cartons	2 cartons
Garlic Clove**	1 clove	2 cloves	2 cloves
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Coriander**	1 bunch	1 bunch	1 bunch
Tomato Puree	1 sachet	1½ sachets	2 sachets
Ground Cumin	1 small pot	¾ large pot	1 large pot
Smoked Paprika	½ pot	¾ pot	1 pot
Mayonnaise 8) 9)**	2 sachets	3 sachets	4 sachets
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Wholemeal Tortilla 13)	4	6	8
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Baby Gem Lettuce**	1	2	2

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	537g	100g
Energy (kJ/kcal)	3035/726	565/135
Fat (g)	38	7
Sat. Fat (g)	11	2
Carbohydrate (g)	60	11
Sugars (g)	11	2
Protein (g)	29	5
Salt (g)	3.60	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Get Prepared

- Preheat your oven to 180°C.
- Halve, peel and thinly slice the **onion**.
- Cut the **lime(s)** into 4 wedges.
- Drain and rinse the **kidney beans** in a colander.
- Peel and grate the **garlic** (or use a **garlic press**).



4. Make the 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**.



2. Cook the Veg

- Heat a splash of **oil** in a large frying pan over medium-high heat
- Add the **onions** 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.



5. Finishing Touches

- Pop the **tortillas** directly onto the top shelf of the oven for 1-2 mins just to heat through (2 per person).
- Crumble the **feta**.
- Trim the root from the **baby gem lettuce** then half lengthways. Thinly slice widthways and toss with a squeeze of **lime juice**.



3. Flavour Time

- Meanwhile, roughly chop the **coriander** (stalks and all!).
- Add another small glug of **oil** then stir the **garlic**, **tomato puree**, **ground cumin**, **smoked paprika** and **kidney beans** into the **mushrooms**.
- Cook for a further 5-6 mins then stir in **half** of the **coriander**.
- Season to taste with **salt** and **pepper**, then turn the heat to low while you finish everything else off!



6. Build Your Tortillas!

- Lay a warm **tortilla** on a board or plate.
- Add a handful of **lettuce** to the base. Start with a couple of spoonfuls of the **bean and mushroom mix** on top.
- Finish with a sprinkle of **feta** and a good drizzle of the **chipotle mayo**.
- Fold in **half** and transfer to a plate. Repeat with the other **tortillas**. You should serve two per person.
- Serve with any extra **lime wedges** and a sprinkle of **coriander**. **Dig in!**

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.