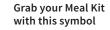
Black Bean Loaded Taquitos

with Charred Corn Salsa & Enchilada Sauce

CLIMATE SUPERSTAR









Brown Onion





Carrot

Sweetcorn



Black Beans



Mexican Fiesta Spice Blend





Enchilada Sauce

Mini Flour Tortillas





Baby Spinach Leaves

Plant-Based





Prep in: 20-30 mins Ready in: 30-40 mins

Plant-Based^ ^Custom Recipe is not Plant-Based Taquitos, enchiladas, quesadillas ... whatever you like to call them, these black bean-filled tortillas are a household name. By switching beef to beans, you can still get all of your favourite Mexican flavours in this delicious meal! Dig in!

Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
brown onion	1	2		
carrot	1	2		
sweetcorn	1 medium tin	1 large tin		
black beans	1 medium packet	2 medium packets		
Mexican Fiesta spice blend 🌶	1 medium sachet	1 large sachet		
water*	1/4 cup	½ cup		
brown sugar*	½ tbs	1 tbs		
plant-based butter*	20g	40g		
enchilada sauce	1 packet	2 packets		
mini flour tortillas	6	12		
baby spinach leaves	1 small packet	1 medium packet		
plant-based aioli	1 medium packet	2 medium packets		
beef mince**	1 medium packet	2 medium packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3306kJ (790Cal)	535kJ (128Cal)
Protein (g)	27.8g	4.5g
Fat, total (g)	35.2g	5.7g
- saturated (g)	5.4g	0.9g
Carbohydrate (g)	81.3g	13.1g
- sugars (g)	19.4g	3.1g
Sodium (mg)	1861mg	301mg
Dietary Fibre (g)	25.2g	4.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4253kJ (1016Cal)	572kJ (137Cal)
Protein (g)	55.4g	7.5g
Fat, total (g)	48g	6.5g
- saturated (g)	11g	1.5g
Carbohydrate (g)	81.3g	10.9g
- sugars (g)	19.4g	2.6g
Sodium (mg)	1935mg	260mg
Dietary Fibre	25.2g	3.4g

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Finely chop garlic and brown onion.
- Grate carrot.
- Drain sweetcorn.
- Drain and rinse black beans.

Custom Recipe: If you've added beef mince, only drain and rinse half the black beans.



Cook the filling

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot and onion, stirring, until tender, 3-4 minutes.
- SPICY! You may find the spice blend hot! Add less if sensitive to heat. Add garlic and Mexican Fiesta spice blend, stirring until fragrant, 1 minute.
- Add beans, the water, brown sugar and plant-based butter and cook, stirring, until thickened. 2-3 minutes.
- Remove from heat. Stir through half the enchilada sauce until combined. Season.

Custom Recipe: Cook beef mince with the carrot, breaking up with a spoon, until browned, 3-4 minutes. Drain oil from pan then continue with step as above.



Bake the taquitos

- Lay mini flour tortillas on a chopping board.
 Spoon filling down the centre.
- Roll tortillas up tightly and place, seam-side down, evenly spaced on a lined oven tray.
 Drizzle with olive oil and season with salt and pepper.
- Bake until golden and starting to crisp,
 8-10 minutes.



Char the corn

- Meanwhile, roughly chop baby spinach leaves.
- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook corn kernels until lightly browned,
 4-5 minutes. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Make the salsa

- To the bowl with the corn, add baby spinach leaves and a drizzle of olive oil.
- · Toss to combine. Season to taste.



Serve up

- Divide black bean loaded taquitos between plates.
- Top with remaining enchilada sauce and corn salsa.
- Drizzle over **plant-based aioli** to serve. Enjoy!

Custom Recipe: Divide beef and black bean loaded taquitos between plates to serve.

Rate your recipe

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