



# Chipotle Black Bean Tacos

with Herby Corn Slaw & Plant-Based Aioli

Grab your Meal Kit  
with this symbol



Onion



Garlic



Herbs



Carrot



Sweetcorn



Tex-Mex  
Spice Blend



Tomato Paste



Black Beans



Mild Chipotle  
Sauce



Shredded Cabbage  
Mix



Plant-Based  
Aioli



Mini Flour  
Tortillas



Pickled Jalapeños  
(Optional)



Garlic  
Aioli



Hands-on: **15-25 mins**  
Ready in: **25-35 mins**



Spicy (optional  
pickled jalapeños)



Plant Based<sup>^</sup>  
<sup>^</sup>Custom Recipe is not plant-based

Transform black beans into something special by spiking them with our Tex-Mex spice blend and mild chipotle sauce. Stuff the bean mixture into warm flour tortillas, top with a creamy slaw (and some jalapeños if you'd like some heat), and dinner is done!



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## Pantry items

Olive Oil, White Wine Vinegar

## 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

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1	2
garlic	2 cloves	4 cloves
herbs	1 bag	1 bag
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
black beans	1 tin	2 tins
mild chipotle sauce	1 packet	2 packets
shredded cabbage mix	1 medium bag	1 large bag
plant-based aioli	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
pickled jalapeños (optional)	1 medium packet	1 large packet
garlic aioli**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2805kJ (670Cal)	509kJ (121Cal)
Protein (g)	21.3g	3.9g
Fat, total (g)	27g	4.9g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	72.7g	13.2g
- sugars (g)	17.8g	3.2g
Sodium (mg)	2024mg	367mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2817kJ (673Cal)	511kJ (122Cal)
Protein (g)	21.4g	3.9g
Fat, total (g)	26.6g	4.8g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	74.3g	13.5g
- sugars (g)	19.1g	3.5g
Sodium (mg)	1942mg	352mg

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

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Get prepped

- Finely chop **onion** and **garlic**. Roughly chop **herbs**. Grate the **carrot**.
- Drain the **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn** kernels until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

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



## Toss the salad

- While beans are cooking, add **shredded cabbage mix** and **herbs** to bowl with the charred **corn**. Add **plant-based aioli** and a drizzle of **white wine vinegar**. Season with **salt**, then toss to coat.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

### CUSTOM RECIPE

If you've swapped to garlic aioli, use it in place of the plant-based aioli.



## Cook the beans

- Return frying pan to medium heat with a drizzle of **olive oil**. Cook **onion** and **carrot**, stirring, until tender, **3-4 minutes**.
- **SPICY!** The spice blend and chipotle sauce are mild, but use less if you're sensitive to heat. Add **garlic**, **Tex-Mex spice blend** and **tomato paste** and cook until fragrant, **1 minute**. Add **black beans** (including the **liquid!**) and **mild chipotle sauce**. Cook until slightly thickened, **2-3 minutes**.
- Remove pan from heat. Lightly mash with a fork or potato masher.

**TIP:** The black bean liquid helps season and thicken the beans!



## Serve up

- Roughly chop **pickled jalapeños** (if using).
- Fill each tortilla with a helping of chipotle black beans and herby corn slaw.
- Sprinkle with jalapeños to serve.

## Enjoy!