



SPEEDY MEXICAN FIESTA BLACK BEAN TACOS

with Avocado & Coriander Yoghurt



Add coriander to yoghurt for a Mexican twist



Coriander



Lime



Avocado



Cos Lettuce Leaves



Long Red Chilli (Optional)



Black Beans



Greek Yoghurt



Mexican Fiesta Spice Blend



Mini Flour Tortillas



Grated Cheddar Cheese

Pantry Staples: Olive Oil, Butter



Hands-on: **15 mins**

Ready in: **25 mins**



Spicy (Mexican Fiesta spice blend)

Fast, flavourful and fun – yes, we’re talking about tacos! These ones include spiced black beans, plus a scattering essential toppings including crunchy lettuce, creamy avocado and grated cheese. Time to start cooking!

BEFORE YOU START

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

- **medium frying pan**



1 GET PREPPED

Roughly chop the **coriander**. Slice the **lime** into wedges. Thinly slice the **avocado**. Shred the **cos lettuce leaves**. Thinly slice the **long red chilli** (if using). Drain and rinse the **black beans**.



2 MAKE THE CORIANDER YOGHURT

In a medium bowl, combine the **Greek yoghurt** with **1/2** the chopped **coriander** and a squeeze of **lime juice**. Season with **salt** and **pepper** and mix well. Set aside.



3 COOK THE BEANS

Melt the **butter** with a **drizzle of olive oil** in a medium frying pan over a high heat. Add the **black beans** and cook for **2 minutes** or until softened.



4 SPICE THE BEANS

Reduce the heat to medium and add the **Mexican Fiesta spice blend** to the beans.

SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste.

Cook for **30 seconds** or until fragrant. Add the **water** to the beans and cook for **2-3 minutes** or until the liquid has reduced. Remove the pan from the heat and add a dash more water if the beans look dry.



5 HEAT THE TORTILLAS

Meanwhile, heat the **mini flour tortillas** in a sandwich press or microwave on a plate in **10 second** bursts until warm.



6 SERVE UP

Bring everything to the table. Assemble the tacos by filling with the cos lettuce, spiced black beans, avocado and **grated Cheddar cheese**. Finish with a dollop of coriander yoghurt and garnish with the reserved coriander and long red chilli (if using). Serve with lime wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
coriander	1 bag	1 bag
lime	1	2
avocado	1	2
cos lettuce leaves	1 bag	2 bags
long red chilli (optional)	1	2
black beans	1 tin	2 tins
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)
butter*	40 g	80 g
Mexican Fiesta spice blend	1 sachet	2 sachets
water*	1/2 cup	3/4 cup
mini flour tortillas	6	12
grated Cheddar cheese	1 packet (50 g)	1 packet (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3840kJ (917Cal)	680kJ (163Cal)
Protein (g)	30.5g	5.4g
Fat, total (g)	54.2g	9.6g
- saturated (g)	22.7g	4.0g
Carbohydrate (g)	81.2g	14.4g
- sugars (g)	10.0g	1.8g
Sodium (g)	1990mg	353mg

For allergens and ingredient information, visit

[HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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