

Webfid00290hero mexicanbeanandvegetabletortillas

Mexican Bean and Vegetable Tortillas



20-30min



4 Portions

Make it a meat-free Mexican Monday with these sensational tacos. Ready in 20 mins, they're a healthy and delicious meal, and great fun for everyone to fill their own tortillas at the dinner table!

What we send

- Greek-style yoghurt ⁷
- chopped tomatoes
- spice mix
- smoked cheddar ⁷
- coriander and 2 garlic cloves
- tortillas ¹
- avocado
- red kidney beans
- red onion
- red capsicum

What you'll require

- olive oil
- salt and pepper

Utensils

- Colander
- foil
- grater
- large saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 720.0kcal, Fat 29.5g, Proteins 27.1g, Carbs 78.1g



1. Prepare ingredients

Preheat oven to 180C. Cut **capsicum** into thin slices, discarding seeds and membrane. Finely chop the **onion** and **garlic**. Drain and rinse the **kidney beans**, and shake dry.



2. Cook filling

Heat 1 tbs **oil** in a large saucepan over medium heat. Cook **onion**, **capsicum** and **garlic** for 5 mins or until softened. Add $\frac{1}{3}$ of the **kidney beans** and slightly mash with a wooden spoon (this helps thicken the sauce).



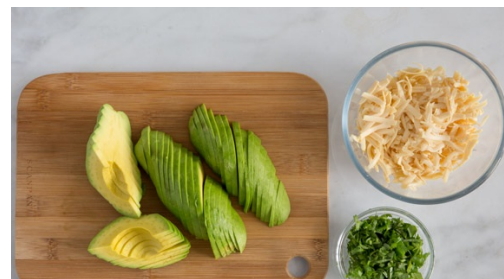
3. Simmer filling

Add the **spice mix** and cook for 1 min or until fragrant. Add the **chopped tomatoes** and **remaining beans** and simmer for 5-10 mins until thickened. Season with **sea salt and pepper**, to taste.



4. Warm tortillas

Meanwhile, wrap **tortillas** in foil and warm in the oven for 8-10 mins.



5. Prepare garnishes

Coarsely grate the **cheese**. Thinly slice the **avocado**. Coarsely chop the **coriander** leaves and stems.



6. Get ready to serve

Stir **coriander** into the **bean filling** (or reserve for scattering over at the end if some family members don't like coriander). Divide filling between **warmed tortillas** and top with **avocado**, **cheese** and a dollop of **yoghurt**.