



## Chilli Bean Tacos

with Rocket



30-40min



2 Portions

We don't think there will ever be a time where we will be sick of tacos! There are always new flavour combinations to try and these chilli bean tacos are the perfect example. We make a quick tomato sauce and simply stir in some mixed beans for sustenance and protein. Put it on some warmed tortillas with an avocado salsa and a dollop of lime yoghurt... another great combo discovered!

## What we send

- Greek-style yoghurt <sup>7</sup>
- coriander and 2 garlic cloves
- smoky chilli spice mix (cumin, coriander, smoked paprika, chilli)
- diced tomatoes
- baby rocket leaves
- lime
- avocado
- flour tortillas <sup>1</sup>
- four bean mix

\*The remainder of this ingredient won't be used in this recipe.

## What you'll require

- olive oil
- sea salt and pepper
- sugar

## Utensils

- baking paper
- foil
- medium saucepan

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

## Cooking tip

Adding a layer of baking paper when wrapping tortillas ensures they steam and soften and don't harden in parts. Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

## Allergens

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

## Nutrition per serving

Energy 725.0kcal, Fat 29.7g, Proteins 23.2g, Carbs 82.4g



**1. Make sauce**

Preheat oven to 180C. Finely chop or crush the **garlic**. Place the **tomatoes** in a medium saucepan with the **garlic, spice mix, oil, sugar, salt and pepper**. Bring to the boil and simmer over medium heat for 6 mins or until slightly thickened.



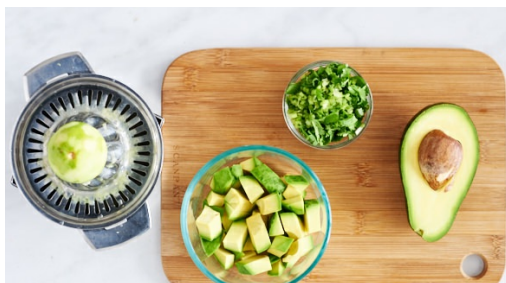
**2. Add beans**

Meanwhile, drain and rinse the **beans**, then stir into the **tomato sauce**. Cook for a further 5 mins or until the beans are warmed through and the sauce has thickened. Reduce heat to low and keep warm.



**3. Heat tortillas**

Meanwhile, wrap the **tortillas** (use 6 for 2P\*\* see cooking tip) well in baking paper, then foil and place in the oven for 5 mins to soften and warm through (see cooking tip).



**4. Prepare ingredients**

Finely chop the **coriander** leaves, including the stems. Cut the **avocado** into 1.5cm chunks. Finely grate the zest and juice the **lime**.



**5. Make salsa**

Combine the **coriander, avocado, lime juice, salt and pepper** in a bowl. Combine the **lime zest** with the **yoghurt** in a bowl.



**6. Get ready to serve**

Place the warmed **tortillas, chilli bean mixture, avocado salsa, rocket** and **yoghurt** on the table to let everyone make their own. Serve immediately.