



Chilli Bean Tacos

with Rocket



30-40min



4 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

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

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

What you'll require

- olive oil
- sea salt and pepper
- sugar

Utensils

- foil
- medium saucepan
- sieve

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 700.0kcal, Fat 27.2g, Proteins 22.6g, Carbs 81.5g



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.



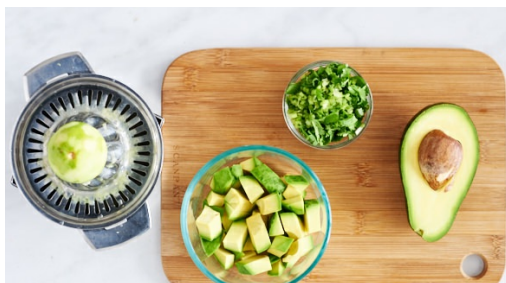
2. Add beans

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(s)** 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 tacos. Serve immediately.