



Smoky Refried Black Bean Tacos

with Wedges, Rocket Slaw and Cheese

42

Classic 30-40 Minutes • Mild Spice • 2 of your 5 a day



Potatoes



Mature Cheddar Cheese



Black Beans



Coleslaw Mix



Mayonnaise



Sliced Mushrooms



Mexican Style Spice Mix



Smoky Base Paste



Plain Taco Tortillas



Wild Rocket



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Honey

+ Add Diced Chorizo

If you chose to add diced chorizo, then just follow the instructions on the back of this card.

Happy cooking!



A twist on refried beans, we're using black beans instead of pinto beans and stirring through smoky base paste, made with smoked paprika and smoked salt, to bring rich smoky flavour to your dish. Pile your tacos with the beans, slaw and cheese for a hearty vegetarian dinner.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, grater, sieve, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mature Cheddar Cheese** 7)	30g	40g	60g
Black Beans	1 carton	1½ cartons	2 cartons
Coleslaw Mix**	120g	240g	240g
Mayonnaise 8) 9)	32g	48g	64g
Sliced Mushrooms**	80g	180g	180g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Smoky Base Paste	1 sachet	1½ sachets	2 sachets
Plain Taco Tortillas 13)	4	6	8
Wild Rocket**	20g	40g	40g
Diced Chorizo** 7)	90g	120g	180g

Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	617g	100g	662g	100g
Energy (kJ/kcal)	2761/660	447/107	3590/858	542/130
Fat (g)	16.5	2.7	32.7	4.9
Sat. Fat (g)	4.9	0.8	10.9	1.6
Carbohydrate (g)	104.4	16.9	106.2	16.0
Sugars (g)	15.0	2.4	15.3	2.3
Protein (g)	23.7	3.8	34.9	5.3
Salt (g)	2.70	0.44	5.28	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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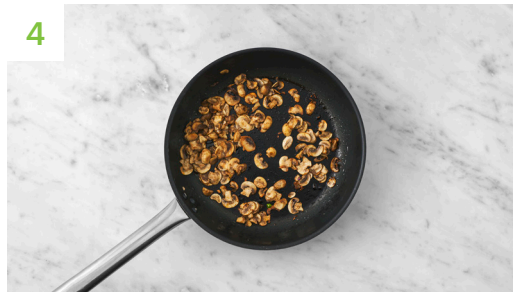
Get the Wedges In

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Fry the Shrooms

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.

Add the **Mexican style spice mix** and and cook for a further 30 secs.

+ Add Diced Chorizo

If you're adding **chorizo**, add it to the pan with the **mushrooms**. Fry for the same amount of time, then continue as instructed.



Do the Prep

Meanwhile, grate the **cheese**.

Drain and rinse the **black beans** in a sieve. Transfer **half** the **beans** to a bowl and mash with a fork.



Make the Slaw

In a medium bowl, add the **coleslaw** and **mayo**.

Season with **salt** and **pepper**. Toss to combine and set aside.



Smoky Bean Time

Stir in the **mashed** and **whole beans**, **smoky base paste**, **honey** and **water for the sauce** (see pantry for both amounts). Bring to the boil and simmer until thickened, 4-5 mins. Remove from the heat. Season with **salt** and **pepper**.

When everything's ready, pop the **tortillas** (2 per person) into the oven to warm through, 1-2 mins. Reheat the **refried beans** if needed.

Toss the **rocket** through the **slaw**. **TIP:** Don't do this too early or the leaves will go soggy!



Serve Up

When everything's ready, lay the **tortillas** onto your serving plates.

Top with the **rocket slaw** and **refried beans**. Sprinkle over the **cheese** to finish.

Serve the **wedges** alongside.

Enjoy!