



Cajun Spiced Bean and Mushroom Tacos

with Baby Gem Lettuce and Chipotle Mayo

17

Rapid 20 Minutes • Medium Spice • 2 of your 5 a day • Veggie



Sliced Mushrooms



Red Kidney Beans



Garlic Clove



Tomato Puree



Cajun Spice Mix



Vegetable Stock Paste



Mayonnaise



Chipotle Paste



Baby Gem Lettuce



Plain Taco Tortilla



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Frying pan, sieve, bowl, garlic press and baking tray.

Ingredients

Ingredients	2P	3P	4P
Sliced Mushrooms**	240g	360g	480g
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	1	2	2
Tomato Puree	30g	60g	60g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10	10g	15g	20g
Mayonnaise 8 9	32g	48g	64g
Chipotle Paste	10g	15g	20g
Baby Gem Lettuce**	1	2	2
Plain Taco Tortilla 13	6	9	12
Greek Style Salad Cheese** 7	50g	75g	100g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2230 / 533	490 / 117
Fat (g)	14.9	3.3
Sat. Fat (g)	6.0	1.3
Carbohydrate (g)	70.0	15.4
Sugars (g)	9.2	2.0
Protein (g)	24.7	5.4
Salt (g)	3.64	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 **10)** Celery **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, milk, egg, mustard, celery, soya, 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.

Contact

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Fry the Mushrooms

a) If you don't have a microwave, heat your oven to 220°C/200°C fan/gas mark 7 for the **tortillas**.

b) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

c) Once hot, add the **sliced mushrooms** and stir-fry until they soften and start to colour, 4-5 mins.



Mix the Chipotle Mayo

a) In a small bowl, combine the **mayo** and **chipotle paste** (see ingredients for amount - use less if you'd prefer things milder).

b) Trim the **baby gem**, halve lengthways, then thinly slice widthways.



Mash the Beans

a) While the **mushrooms** cook, drain and rinse the **kidney beans** in a sieve. Pop **half** the **kidney beans** into a bowl and roughly mash with the back of a fork.

b) Peel and grate the **garlic** (or use a garlic press).



Tortilla Time

a) Pile the **tortillas** (3 per person) onto a plate. Heat them through in the microwave, 850W: 50 secs / 750W: 1 min, until warm and soft.

b) If you're using the oven, lay the **tortillas** onto a baking tray and place on the middle shelf to warm through, 1-2 mins.



Bring on the Flavour

a) Once the **mushrooms** have softened, add the **garlic**, **tomato puree**, **Cajun spice mix** and **kidney beans** (both mashed and whole). Stir-fry for 1 min.

b) Stir in the **veg stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

c) Turn down the heat and simmer until thickened, 4-5 mins. Taste and season with **salt** and **pepper** if needed.



Build your Tacos

a) Transfer the **warm tortillas** to your plates.

b) Spread each with the **chipotle mayo**, then top with some **lettuce** and the **bean and mushroom mixture** - as much as you'd like.

c) Finish by crumbling over the **Greek style salad cheese**. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!