



# Refried Bean and Portobello Mushroom Tacos

with Sriracha Salsa, Baby Gem and Cheddar

23

Calorie Smart 30-35 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories • Veggie



Portobello Mushroom



Red Onion



Garlic Clove



Baby Gem Lettuce



Black Beans



Baby Plum Tomatoes



Sriracha



Mature Cheddar Cheese



Tomato Puree



Mexican Style Spice Mix



Vegetable Stock Paste



Plain Taco Tortilla

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## Before you start

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

## Cooking tools

Baking tray, garlic press, sieve, bowl, grater, frying pan and potato masher.

## Ingredients

Ingredients	2P	3P	4P
Portobello Mushroom**	2	3	4
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Baby Gem Lettuce**	1	1	2
Black Beans	1 carton	1½ cartons	2 cartons
Baby Plum Tomatoes	125g	190g	250g
Sriracha	1 sachet	1½ sachets	2 sachets
Mature Cheddar Cheese** 7)	30g	45g	60g
Tomato Puree	1 sachet	2 sachets	2 sachets
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Plain Taco Tortilla 13)	6	9	12

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	514g	100g
Energy (kJ/kcal)	2237 /535	435 /104
Fat (g)	10.9	2.1
Sat. Fat (g)	5.5	1.1
Carbohydrate (g)	81.3	15.8
Sugars (g)	15.5	3.0
Protein (g)	20.2	3.9
Salt (g)	3.13	0.61

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

7) Milk 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.

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## Portobello Roast

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

Remove the stalks from the **portobello mushrooms** and pop them onto a lightly oiled baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

When the oven is hot, roast on the top shelf until tender, 20-25 mins.



## Make the Refried Beans

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion** and cook until softened, 5-6 mins.

Stir in the **garlic**, **tomato puree** and **Mexican style spice mix** (add less if you'd prefer things milder), then cook for 1 min more.

Add the **beans**, **veg stock paste** and **water for the sauce** (see ingredients for amount) to the pan, stir everything together, then cook until the **beans** begin to break down, 5-6 mins.

Scan to get your exact PersonalPoints™ value



## Get Prepped

While the **mushrooms** cook, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).

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

Drain and rinse the **black beans** in a sieve.



## Finishing Touches

Once the **beans** have started to break down, roughly mash **half** of them in the pan with a potato masher.

Allow to simmer until thickened, 3-5 mins, then remove from the heat. Taste and season with **salt** and **pepper**.

Meanwhile, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.



## Mix the Sriracha Salsa

Roughly chop the **baby plum tomatoes**, then transfer to a medium bowl with all of their **juices**.

Add a drizzle of **olive oil** and as much **sriracha** as you'd like (add less if you'd prefer things milder).

Season to taste with **salt** and **pepper**, then set your **sriracha salsa** aside.

Grate the **cheese**.



## Assemble your Tacos

Once the **mushrooms** are roasted, remove them from the oven and thinly slice (careful, they're hot). Pour any **juices** from the tray into the **refried beans** and stir through.

Lay the **warmed tortillas** on your plate (3 per person), and top with the **lettuce**, **refried beans** and **sliced portobellos** - as much as you'd like.

Spoon over the **sriracha salsa** and sprinkle with the **cheese** to finish. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!