

Refried Bean and Portobello Mushroom Tacos



with Sriracha Salsa, Baby Gem and Cheddar

Classic 30-35 Minutes • Mild Spice • 3 of your 5 a day







Portobello Mushroom







Garlic Clove

Baby Gem Lettuce







Black Beans

Baby Plum Tomatoes





Mature Cheddar Cheese







Tomato Puree

Mexican Style Spice Mix





Vegetable Stock

Plain Taco Tortilla

Pantry Items Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg 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	40g	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

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

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.

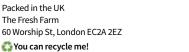
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Portobello Roast

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.



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.



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**, mix well, then set your sriracha salsa aside. Grate the cheese.



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 (use 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 pantry for amount) to the pan, stir everything together, then cook until the beans begin to break down, 5-6 mins.



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.



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!