



Chipotle Black Bean Tacos

with Charred Corn Slaw & Plant-Based Mayo

Grab your Meal Kit with this symbol



Recipe Update
Unfortunately, this week's shredded cabbage was in short supply, so we've replaced it with slaw mix. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!



Onion



Carrot



Sweetcorn



Black Beans



Garlic Paste



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



Super Slaw



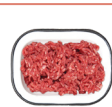
Plant-Based Mayo



Mini Flour Tortillas



Coriander



Beef Mince

Prep in: 15-25 mins
Ready in: 25-35 mins



Plant Based*
**Custom Recipe is not Calorie Smart or Plant Based*



Calorie Smart*

Transform black beans into something special by cooking them with our Tex-Mex spice blend and mild chipotle sauce. Stuff the bean mixture into warm flour tortillas, top with a creamy slaw and dinner is done!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
carrot	1	2
sweetcorn	1 tin	1 tin
black beans	1 tin	2 tins
garlic paste	1 medium packet	1 large packet
Tex-Mex spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
mild chipotle sauce	1 packet (20g)	1 packet (40g)
brown sugar*	1 tsp	2 tsp
super slaw	1 bag (150g)	1 bag (300g)
plant-based mayo	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
coriander	1 bag	1 bag
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2707kJ (647Cal)	513kJ (123Cal)
Protein (g)	24.6g	4.7g
Fat, total (g)	17.3g	3.3g
- saturated (g)	4.9g	0.9g
Carbohydrate (g)	88.9g	16.8g
- sugars (g)	17.8g	3.4g
Sodium (mg)	1773mg	336mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3903kJ (933Cal)	598kJ (143Cal)
Protein (g)	53.2g	8.1g
Fat, total (g)	35.1g	5.4g
- saturated (g)	12.8g	2g
Carbohydrate (g)	88.9g	13.6g
- sugars (g)	17.8g	2.7g
Sodium (mg)	1811mg	277mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW38

1



Get prepped

- Finely chop **onion**. Grate the **carrot**. Drain the **sweetcorn**. Drain and rinse **black beans**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover pan with a lid if the corn kernels are "popping" out.

Custom Recipe: If you've added beef mince to your meal, only use half the black beans.

3



Toss the slaw & heat the tortillas

- Add **super slaw** to the **charred corn**, along with **carrot**, **plant-based mayo** and a drizzle of **white wine vinegar**. Toss to combine and season to taste.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

2



Cook the beans

- Return the frying pan to medium heat with a drizzle of **olive oil**. Cook **onion** until tender, **3-4 minutes**.
- Add **garlic paste**, **Tex-Mex spice blend** and **tomato paste** and cook until fragrant, **1 minute**.
- **SPICY!** The chipotle sauce is mild, but use less if you're sensitive to heat. Add **black beans**, **mild chipotle sauce**, the **brown sugar** and a splash of **water** and cook until slightly thickened, **2-3 minutes**.
- Remove the pan from heat.

Custom Recipe: Cook beef mince after cooking the onion, breaking up with a spoon, until browned, 4-5 minutes. Continue with step.

4



Serve up

- Fill each tortilla with some charred corn slaw and chipotle black beans.
- Tear over **coriander** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate