



# Mexican Black Bean Taquitos

with Charred Corn Salsa & Enchilada Sauce

Grab your meal kit with this number

7



Garlic



Onion



Carrot



Sweetcorn



Black Beans



Mexican Fiesta Spice Blend



Tomato Paste



Enchilada Sauce



Mini Flour Tortillas



Baby Leaves



Plant-Based Mayo



Pork Mince



Beef Mince

Prep in: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart

Plant Based

Taquitos, the close relative of enchiladas are in town tonight and we're excited for their stay. By switching beef to beans, you can still get all of your favourite Mexican flavours in this delicious veggie meal! Dig in!

### Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
onion	½	1
carrot	1	2
sweetcorn	1 medium tin	1 large tin
black beans	1 packet	2 packets
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
<b>water*</b>	¼ cup	½ cup
<b>brown sugar*</b>	½ tbs	1 tbs
<b>plant-based butter*</b>	20g	40g
enchilada sauce	1 packet	2 packets
mini flour tortillas	6	12
baby leaves	1 small packet	1 medium packet
plant-based mayo	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2405kJ (574Cal)	539kJ (128Cal)
Protein (g)	11g	2.5g
Fat, total (g)	25.2g	5.6g
- saturated (g)	10.6g	2.4g
Carbohydrate (g)	76.1g	17.1g
- sugars (g)	22.6g	5.1g
Sodium (mg)	2037mg	456mg
Dietary Fibre (g)	14.6g	3.3g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic**.
- Thinly slice **onion (see ingredients)**.
- Grate **carrot**.
- Drain **sweetcorn**.
- Drain and rinse **black beans**.



## Char the corn

- Meanwhile, roughly chop **baby leaves**.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

**TIP:** Cover the pan with a lid if the kernels are “popping” out.



## Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **carrot** until tender, **2-3 minutes**.
- **SPICY!** The spice blend is hot! Add less if you're sensitive to heat. Add **garlic**, **Mexican Fiesta spice blend** and **tomato paste**, stirring, until fragrant, **1 minute**.
- Add **beans**, the **water**, **brown sugar** and **plant-based butter** and cook, stirring, until thickened, **2-3 minutes**.
- Remove pan from heat. Stir through half the **enchilada sauce** until combined. Season to taste.



## Make the salsa

- Add **baby leaves** and a drizzle of **olive oil** to the bowl of charred corn.
- Toss to combine. Season to taste.



## Bake the taquitos

- Lay **mini flour tortillas** on a flat surface. Spoon **bean filling** down the centre of each **tortilla**.
- Roll **tortillas** up tightly and place, seam-side down, evenly spaced on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Bake **taquitos** until golden and starting to crisp, **8-10 minutes**.



## Serve up

- Divide black bean taquitos between plates.
- Top with remaining enchilada sauce and corn salsa.
- Drizzle over **plant-based mayo** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



### CUSTOM OPTIONS



#### ADD PORK MINCE

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



#### ADD BEEF MINCE

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

