



Black Bean Taquitos

with Charred Corn Salsa & Enchilada Sauce

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Garlic



Carrot



Sweetcorn



Black Beans



Mexican Fiesta Spice Blend



Tomato Paste



Enchilada Sauce



Mini Flour Tortillas



Baby Spinach Leaves



Plant-Based Mayo



Beef Mince

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



Plant Based*

*Custom Recipe is not Plant Based

Taquitos, enchiladas, quesadillas ... whatever you like to call them, these black bean-filled tortillas are a household name. By switching beef to beans, you can still get all of your favourite Mexican flavours in this delicious meal! Dig in!

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

Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter

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 · Oven tray lined with baking paper

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|-------------------------|
| olive oil* | refer to method | refer to method |
| garlic | 2 cloves | 4 cloves |
| carrot | 1 | 2 |
| sweetcorn | 1 tin | 1 tin |
| black beans | 1 tin | 2 tins |
| Mexican Fiesta spice blend | 1 sachet | 1 sachet |
| tomato paste | 1 packet | 2 packets |
| water* | ¼ cup | ½ cup |
| brown sugar* | ½ tbs | 1 tbs |
| plant-based butter* | 20g | 40g |
| enchilada sauce | 1 packet | 2 packets |
| mini flour tortillas | 6 | 12 |
| baby spinach leaves | 1 small bag | 1 medium bag |
| plant-based mayo | 1 medium packet | 1 large packet |
| beef mince** | 1 packet | 1 packet (or 2 packets) |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2837kJ (678Cal) | 567kJ (136Cal) |
| Protein (g) | 20.5g | 4.1g |
| Fat, total (g) | 27.7g | 5.5g |
| - saturated (g) | 10.9g | 2.2g |
| Carbohydrate (g) | 79.7g | 15.9g |
| - sugars (g) | 20g | 4g |
| Sodium (mg) | 2557mg | 511mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 4033kJ (964Cal) | 645kJ (154Cal) |
| Protein (g) | 49.1g | 7.9g |
| Fat, total (g) | 45.4g | 7.3g |
| - saturated (g) | 18.8g | 3g |
| Carbohydrate (g) | 79.7g | 12.8g |
| - sugars (g) | 20g | 3.2g |
| Sodium (mg) | 2594mg | 415mg |

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

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Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic**. Grate the **carrot**.
- Drain the **sweetcorn**. Drain and rinse **black beans**.

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



Char the corn

- Meanwhile, roughly chop **baby spinach 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 bean filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** until tender, **2-3 minutes**.
- **SPICY!** You may find the spice blend hot! Add less if 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 from heat. Stir through 1/2 the **enchilada sauce**, until combined. Season to taste.

Custom Recipe: Cook beef mince with carrot, breaking beef up with a spoon, until just browned, 4-5 minutes. Continue with step.



Make the salsa

- To the bowl with the **corn**, add **baby spinach leaves** and a drizzle of **olive oil**.
- 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**. Enjoy!

Rate your recipe

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