



Chipotle Black Bean Tacos

with Charred Capsicum Salsa & Cheddar

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Tomato



Parsley



Cos Lettuce



Capsicum



Black Beans



Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle Sauce



Mini Flour Tortillas



Shredded Cheddar Cheese



Greek-Style Yoghurt

Hands-on: **20-30 mins**
Ready in: **20-30 mins**

There's a whole lot of goodness packed into these handheld delights – and we're not just talking about the fibre-rich black beans and vitamin-packed veggies. With our mild chipotle sauce, Tex-Mex spice blend and soft and supple mini flour tortillas, it's the perfect mix of nutrition and deliciousness. Dig in!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
garlic	2 cloves	4 cloves
tomato	1	2
parsley	1 bunch	1 bunch
cos lettuce	½ head	1 head
capsicum	1	2
black beans	1 tin	2 tins
white wine vinegar*	1 tsp	2 tsp
Tex-Mex spice blend	½ sachet	1 sachet
tomato paste	1 packet	2 packets
mild chipotle sauce	1 packet (40g)	2 packets (80g)
water*	½ cup	1 cup
mini flour tortillas	8	16
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3457kJ (826Cal)	543kJ (129Cal)
Protein (g)	37g	5.8g
Fat, total (g)	27.3g	4.3g
- saturated (g)	12.8g	2g
Carbohydrate (g)	100g	15.7g
- sugars (g)	22.7g	3.6g
Sodium (mg)	1867mg	293mg

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.



Get prepped

Finely chop the **brown onion** (see ingredients). Finely chop the **garlic** and **tomato**. Roughly chop the **parsley**. Shred the **cos lettuce** (see ingredients). Cut the **capsicum** into 1cm chunks. Drain and rinse the **black beans**.



Make it saucy

Add the **tomato paste**, **mild chipotle sauce** and **water** to the **black beans** and stir to coat. Reduce the heat to medium and simmer until the sauce has thickened slightly, **5-7 minutes**. Season to taste.

TIP: Add a dash more water to loosen the sauce if needed!



Make the salsa

Heat a large frying pan over a medium-high heat. Add the **capsicum** and cook, tossing occasionally, until golden and lightly charred, **5-6 minutes**. Transfer to a bowl to cool slightly. Add the **tomato**, **parsley** and **white wine vinegar** to the **capsicum**. Drizzle with **olive oil** and toss to coat. Season to taste and set aside.



Heat the tortillas

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second** bursts, until warmed through.



Cook the black beans

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **onion** and cook until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **black beans** and cook until softened, **2-3 minutes**. Add another drizzle of **olive oil** and the **Tex-Mex spice blend** (see ingredients) and cook until fragrant, **1 minute**.



Serve up

Bring everything to the table to serve. Build your tacos by adding a helping of the cos lettuce to the tortillas. Top with the chipotle black beans, **shredded Cheddar cheese**, charred capsicum salsa and **Greek-style yoghurt**.

Enjoy!