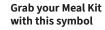


Chipotle Black Bean Tacos with Charred Capsicum Salsa & Cheddar



















Cos Lettuce



Black Beans



Capsicum

Tex-Mex Spice Blend



Tomato Paste



Mild Chipotle



Mini Flour Tortillas



Shredded Cheddar Cheese



Greek-Style Yoghurt

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1/2	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	1 packet	2 packets	
sauce	(40g)	(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 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.



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**.



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!



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.



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!