



Cajun Spiced Bean and Mushroom Tacos

with Baby Gem Lettuce and Chipotle Mayo

17

Rapid 20 Minutes • Medium Spice • 2 of your 5 a day • Veggie



Sliced Mushrooms



Red Kidney Beans



Garlic Clove



Tomato Puree



Cajun Blackening



Vegetable Stock Paste



Mayonnaise



Chipotle Paste



Plain Taco Tortilla



Greek Style Salad Cheese



Baby Gem Lettuce

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Frying pan, sieve, bowl, garlic press and baking tray.

Ingredients

Ingredients	2P	3P	4P
Sliced Mushrooms**	240g	360g	480g
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	1	2	2
Tomato Puree	1 sachet	2 sachets	2 sachets
Cajun Blackening 9)	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
Chipotle Paste	½ sachet	¾ sachet	1 sachet
Plain Taco Tortilla 13)	6	9	12
Greek Style Salad Cheese** 7)	50g	75g	100g
Baby Gem Lettuce**	1	2	2

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	457g	100g
Energy (kJ/kcal)	2301/550	504/121
Fat (g)	19.2	4.2
Sat. Fat (g)	7.7	1.7
Carbohydrate (g)	70.5	15.4
Sugars (g)	9.3	2.0
Protein (g)	24.9	5.4
Salt (g)	5.06	1.11

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 9) Mustard 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Fry the Mushrooms

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **sliced mushrooms** and stir-fry until they soften and start to colour, 4-5 mins.



Finish your Prep

- While the **mushrooms** cook, drain and rinse the **kidney beans** in a sieve. Pop **half the kidney beans** into a bowl and roughly crush with the back of a fork.
- Peel and grate the **garlic** (or use a garlic press).
- Meanwhile, preheat your oven to 220°C/200°C fan/gas mark 7.



Bring on the Flavour

- Once the **mushrooms** have softened, add the **garlic, tomato puree, Cajun blackening** and **kidney beans** (both crushed and whole). Stir-fry for 1 min.
- Stir in the **veg stock paste, sugar** and **water for the sauce** (see pantry for both amounts).
- Turn down the heat and simmer until thickened, 4-5 mins. Taste and season with **salt** and **pepper** if needed.



Mix the Chipotle Mayo

- In a small bowl, combine the **mayo** and **chipotle paste** (see ingredients for amount - use less if you'd prefer things milder).
- Loosen the **chipotle mayo** with a splash of **water** if needed - it needs to be able to drizzle.



Finishing Touches

- Pop the **tortillas** (3 per person) onto a baking tray and into the oven to warm through, 1-2 mins.
- Crumble the **Greek style salad cheese**.
- Trim the **baby gem**, halve lengthways, then thinly slice widthways.



Build your Tacos

- Transfer the warm **tortillas** to your plates.
- Top each with some **lettuce** and the **bean and mushroom mix** - as much as you'd like.
- Finish with a sprinkle of **Greek style salad cheese** and a spoonful of the **chipotle mayo**.
TIP: Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!