



# Chipotle Beef and Black Bean Tacos

with Limey Avocado

**CLASSIC** 35 Minutes • Little Heat • 2.5 of your 5 a day

N° 2



Onion



Garlic Clove



Lime



Black Beans



Beef Mince



Chipotle Paste



Tomato Purée



BBQ Sauce



Avocado



Soft Shell Tacos

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Colander, Large Frying Pan, Measuring Jug and Baking Tray.

### Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	2	2
Lime**	1	1½	2
Black Beans	1 carton	1½ cartons	2 cartons
Beef Mince**	240g	360g	480g
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Tomato Purée	1 sachet	1½ sachets	2 sachets
BBQ Sauce <b>13)</b>	1 sachet	1½ sachets	2 sachets
Water for the Beef*	150ml	225ml	300ml
Avocado**	1	1½	2
Soft Shell Tacos <b>13)</b>	6	9	12

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	563g	100g
Energy (kJ/kcal)	3747 /896	666 /159
Fat (g)	41	7
Sat. Fat (g)	14	3
Carbohydrate (g)	81	14
Sugars (g)	16	3
Protein (g)	43	8
Salt (g)	2.25	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Get Prepped!

Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Halve the **lime**. Drain and rinse the **black beans** in a colander.



## 4. Avocado Time!

Slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh onto a board. Finely chop into small pieces then pop into a bowl and squeeze over **half** of the **lime juice**. Season with **salt** and **pepper**. Carefully mix together then set aside.



## 2. Fry the Beef!

Heat a drizzle of **oil** in a large frying pan. Once hot, add the **beef mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks. Add the **onion** and cook, stirring regularly, until the **onion** has softened, 4-5 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



## 5. Taco Time!

Lay the **tacos** on a baking tray (3 each) and pop in the oven to warm through, 1-2 mins.



## 3. Add Flavour!

Preheat your oven to 200°C. Once the **onion** has softened, add the **garlic**, **chipotle paste** and **tomato purée** and cook, stirring, for 1 min. Add the **bbq sauce** with the **water** (see ingredients for amount) and the **black beans**. Season with **salt** and **pepper**. Bring to a simmer and cook, stirring occasionally, until thickened, 12-15 mins.



## 6. Serve!

Taste the **beef mixture** and add more **salt** and **pepper** if you like. Divide the **taco wraps** between plates. Top with the **chipotle beef** and **diced avocado**.

Enjoy!