



# Fried Bean and Mushroom Tacos

with Feta and Chipotle Mayo

Rapid 20 Minutes • Veggie

17



Onion



Closed Cup Mushrooms



Lime



Red Kidney Beans



Garlic Clove



Tomato Puree



Ground Cumin



Smoked Paprika



Vegetable Stock Paste



Mayonnaise



Chipotle Paste



Soft Shell Taco



Feta Cheese



Iceberg Lettuce

## Before you start

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

## Cooking tools, you will need:

Bowls, Sieve, Frying Pan, Measuring Jug and Baking Tray.

## Ingredients

	2P	3P	4P
Onion**	1	2	2
Closed Cup Mushrooms**	150g	225g	300g
Lime**	0.5	1	1
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	1	2	2
Tomato Puree	1 sachet	2 sachets	2 sachets
Ground Cumin	1 small sachet	1 large sachet	2 small sachets
Smoked Paprika	1 small sachet	1 large sachet	2 small sachets
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Water*	75ml	100ml	150ml
Mayonnaise <b>8) 9)</b>	2 sachets	3 sachets	4 sachets
Chipotle Paste	1 sachet	1 sachet	2 sachets
Soft Shell Taco <b>13)</b>	4	6	8
Feta Cheese <b>7)**</b>	100g	150g	200g
Iceberg Lettuce**	100g	100g	200g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>474g</b>	<b>100g</b>
Energy (kJ/kcal)	2192 /524	463 /111
Fat (g)	19	4
Sat. Fat (g)	7	1
Carbohydrate (g)	60	13
Sugars (g)	11	2
Protein (g)	20	4
Salt (g)	3.42	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 9) Mustard 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

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 You can recycle me!



## Get Prepared

- Preheat your oven to 180°C. Halve, peel and thinly slice the **onion**.
- Thinly slice the **mushrooms**.
- Cut the **lime(s)** into 4 wedges. Drain and rinse the **kidney beans** in a colander.
- 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).



## Make the Mayo

- Put the **mayo** and **chipotle paste** in a small bowl (careful the chipotle is hot - use less if you don't like heat). Mix well.
- Loosen the **mayo** with a splash of **water** (it needs to be able to drizzle).
- Season to taste with a squeeze of **lime**.



## Cook the Veg

- Heat a drizzle of **oil** in a large frying pan over medium high heat.
- Add the **onions** and fry until softened, 3-4 mins.
- Add the sliced **mushrooms** to the pan. Fry for 4-5 mins until they soften and start to colour.



## Finishing Touches

- Pop the **tortillas** directly onto the top shelf of the oven for 1-2 mins just to heat through (2 per person).
- Crumble the **feta**.
- Put the **lettuce** in a bowl and toss with a squeeze of **lime juice**.



## Flavour Time

- Meanwhile, add another small glug of **oil** then stir the **garlic**, **tomato puree**, **ground cumin**, **smoked paprika** and **kidney beans** (both crushed and whole) into the **mushrooms** and cook for 1 minute.
- Add the **water** (see ingredients for amount) and **stock paste**. Stir well to dissolve the **stock paste**. Cook for a further 5-6 mins.
- Season to taste with **salt** and **pepper**, then turn the heat to low while you finish everything else off.



## Build Your Tortillas!

- Lay a warm **tortilla** on a board or plate. Add a handful of **lettuce** to the base. Start with a couple of spoonfuls of the **bean** and **mushroom** mix on top.
- Finish with a sprinkle of **feta** and a good drizzle of the chipotle **mayo**.
- Fold in half and transfer to a plate. Repeat with the other **tortillas**. You should serve two per person. Serve with any extra **lime wedges**.

Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.