



Fried Bean and Mushroom Tacos

with Baby Gem and Chipotle Mayo

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day • Veggie

18



Onion



Closed Cup Mushrooms



Lime



Red Kidney Beans



Garlic Clove



Tomato Puree



Ground Cumin



Smoked Paprika



Vegetable Stock Paste



Mayonnaise



Chipotle Paste



Plain Taco Tortilla



Greek Style Salad Cheese



Baby Gem Lettuce

Before you start

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

Cooking tools

Sieve, Bowl, Garlic Press, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Onion**	1	2	2
Closed Cup Mushrooms**	150g	225g	300g
Lime**	½	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 sachet	1 sachet	2 sachets
Smoked Paprika	1 sachet	1 sachet	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Vegetable Stock Paste 10)	10g	15g	20g
Mayonnaise 8)	2 sachets	3 sachets	4 sachets
Chipotle Paste	1 sachet	1 sachet	2 sachets
Plain Taco Tortilla 13)	4	6	8
Greek Style Salad Cheese** 7)	100g	150g	200g
Baby Gem Lettuce**	1	2	2

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	494g	100g
Energy (kJ/kcal)	2412/577	488/117
Fat (g)	25	5
Sat. Fat (g)	11	2
Carbohydrate (g)	60	12
Sugars (g)	10	2
Protein (g)	22	4
Salt (g)	4.29	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 13) 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

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Packed in the UK

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Get Prepared

- Preheat your oven to 180°C.
- Halve, peel and thinly slice the **onion**. Thinly slice the **mushrooms**. Cut the **lime** into 4 wedges.
- 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).



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 the **juice** from a **lime wedge**.



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** onto a baking tray and into the oven to warm through, 1-2 mins.
- Crumble the **Greek style salad cheese**.
- Trim the **baby gem** then halve lengthways. Thinly slice widthways and toss with a squeeze of **juice** from a **lime wedge**.



Flavour Time

- Add another small drizzle of **oil** to the pan, then stir the **garlic**, **tomato puree**, **ground cumin**, **smoked paprika** and **kidney beans** (both **crushed** and **whole**) into the **mushrooms** and cook for 1 min.
- Add the **water for the sauce** (see ingredients for amount) and **veg stock paste**. Stir to combine. Cook for a further 5-6 mins.
- Season to taste with **salt** and **pepper**, then turn the heat to low.



Build the Tacos

- Lay a warm **tortilla** on a board or plate.
- Add a handful of **lettuce** and top with spoonfuls of the **bean and mushroom mix**. Finish with a sprinkle of **Greek style salad cheese** and a drizzle of **chipotle mayo**.
- Fold in, then transfer to a plate and repeat with the other **tortillas** (serve two per person).
- Serve with any remaining **lime wedges** alongside. **TIP: Tacos are best enjoyed eaten by hand - get stuck in!**

Enjoy!