



Fried Bean and Mushroom Tacos

with Chipotle Mayo and Baby Gem

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

18



Red Kidney Beans



Garlic Clove



Sliced Mushrooms



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

Before you start

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

Cooking tools

Sieve, bowl, garlic press, frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	1	2	2
Sliced Mushrooms**	120g	180g	240g
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)	4	6	8
Greek Style Salad Cheese** 7)	50g	100g	100g
Baby Gem Lettuce**	1	2	2
Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	358g	100g
Energy (kJ/kcal)	1792/428	501/120
Fat (g)	15.1	4.2
Sat. Fat (g)	5.8	1.6
Carbohydrate (g)	47.5	13.3
Sugars (g)	7.1	2.0
Protein (g)	17.7	5.0
Salt (g)	3.54	1.00

Nutrition for uncooked ingredients based on 2 person recipe.

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

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1



Get Prepped

a) 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.

b) Peel and grate the **garlic** (or use a garlic press).

2



Fry the Mushrooms

a) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once hot, add the **sliced mushrooms** and stir-fry until they soften and start to colour, 4-5 mins.

c) Meanwhile, preheat your oven to 220°C/200°C fan/gas mark 7.

3



Bring on the Flavours

a) Add another small drizzle of **oil** to the **mushrooms**, then stir in the **garlic**, **tomato puree**, **Cajun blackening** and **kidney beans** (both crushed and whole) and cook for 1 min.

b) Add the **water for the sauce** (see ingredients for amount) and **veg stock paste**. Stir to combine.

c) Turn the heat down slightly, then simmer for a further 5-6 mins. Taste and season with **salt** and **pepper** if needed.

4



Mix the Chipotle Mayo

a) In a small bowl, mix together the **mayo** and **chipotle paste** (see ingredients for amount - use less if you don't like heat).

b) Loosen the **chipotle mayo** with a splash of **water** (it needs to be able to drizzle).

5



Finishing Touches

a) Pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.

b) Crumble the **Greek style salad cheese**.

c) Trim the **baby gem**, halve lengthways, then thinly slice widthways.

6



Build your Tacos

a) Transfer the warm **tortillas** (2 per person) to your plates.

b) Top each with some **lettuce** and spoonfuls of the **bean and mushroom mix** - as much as you'd like.

c) Finish with a sprinkle of the **Greek style salad cheese** and a drizzle of the **chipotle mayo**. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!