



Refried Bean and Mushroom Tacos

with Sriracha Salsa

Calorie Smart 30 Minutes • Medium Spice • Veggie

N° 26



Flat White Mushrooms



Red Onion



Garlic Clove



Iceberg Lettuce



Black Beans



Baby Plum Tomatoes



Sriracha



Cheddar Cheese



Tomato Puree



Mexican Spice



Vegetable Stock Powder



Soft Shell Taco

Before you start

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

Cooking tools, you will need:

Ou Baking Tray, Fine Grater (or Garlic Press), Bowl, Frying Pan, Measuring Jug.

Ingredients

	2P	3P	4P
Flat White Mushrooms**	2	3	4
Red Onion**	1	1	2
Garlic Clove	1	2	2
Iceberg Lettuce**	100g	150g	200g
Black Beans	1 carton	1½ cartons	2 cartons
Baby Plum Tomatoes	125g	190g	250g
Sriracha	1 sachet	1½ sachets	2 sachets
Cheddar Cheese 7)**	30g	45g	60g
Tomato Puree	1 sachet	2 sachets	2 sachets
Mexican Spice	1 sachet	1 sachet	2 sachets
Water*	150ml	225ml	300ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Soft Shell Taco 13)	6	9	12

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	460g	100g
Energy (kJ/kcal)	2217 / 530	482 / 115
Fat (g)	10	2
Sat. Fat (g)	5	1
Carbohydrate (g)	82	18
Sugars (g)	13	3
Protein (g)	21	5
Salt (g)	2.54	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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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Packed in the UK

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Roast the Mushroom

Preheat the oven to 200°C. Place the **flat white mushrooms** onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Pop the baking tray onto the top shelf of the oven. Roast until tender, 20-25 mins.



Prepare the Filling

While the mushrooms cook, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **black beans** in a sieve.



Make the Salsa

Roughly chop the **tomatoes** into very small pieces. Place in a bowl, making sure you don't leave behind any of the delicious tomato juices. Add a drizzle of **olive oil** and squeeze in the **sriracha**. **TIP:** Be careful it's hot, just add a little to start. Season with **salt** and **pepper** to taste and set to one side. Grate the **Cheddar cheese** and set aside.



Make the Filling

Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **onion**. Cook until softened and lightly coloured, 5-6 mins, then stir in the **garlic**, **tomato puree** and **Mexican spice** (don't add it all if you don't like too much heat). Cook for 1 more minute, then add the **beans**, **water** (see ingredients for amount) and **stock powder** to the pan. Stir everything together and cook until the **beans** begin to break down, 5-6 mins.



Mash the Beans

After 5-6 mins, break up **half** of the **beans** with a potato masher (or the back of a fork) and continue simmering until the **beans** have thickened, 3-5 mins. Remove the pan from the heat and season with **salt** and **pepper** to taste. Place the tacos onto the middle shelf of the oven to warm through, 1-2 mins.



Taco Time

Just before you're ready to serve, thinly slice the **mushrooms** (take care, they're hot) and add their **roasting juices** to the **bean filling** to add some extra flavour. Once everything is ready, pop the **tortillas** on a plate and fill them with the **lettuce** and **beans**. Top with the **roasted mushroom slices** on top and spoon over the **tomato salsa**. Sprinkle over the **cheese** and roll up.

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.