



Everything But The Chef

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## Bean & Mushroom Tacos with Guacamole

Let's hear it for mid-week Mexican! There is something so satisfying about bringing together all of these delicious elements for a bit of crafty dinner assemblage. Every mouthful is a kaleidoscope of yummy avo, sweet corn, fragrant mushroom and beans and fresh herbs. Grab a handful of each colour of the rainbow and start crafting your unique masterpiece, topped with Tapatio hot sauce – the perfect authentic heat for this sizzling fiesta.

**Prep:** 10 mins  
**Cook:** 10 mins  
**Total:** 20 mins

level 1  
 gluten free  
 lactose free  
 vegan  
 spicy

### Pantry Items

 Olive Oil	 Avocado	 Birdseye Chilli	 Lemon	 Corn	 Coriander	 Red Onion
 Mushrooms	 Mexican Spice Mix	 Red Kidney Beans	 Mini White Corn Tortillas	 Red Cabbage	 Tapatio Hot Sauce	

2P	4P	Ingredients
1	2	avocado
1	2	birdseye chilli, deseeded & finely chopped
½	1	lemon, juiced
1 cob	2 cobs	corn, shucked & kernels removed
½ bunch	1 bunch	coriander, finely chopped
½	1	red onion, finely sliced
2 tsp	1 tbs	olive oil *
1 punnet	2 punnets	mushrooms, sliced
2 tsp	1 tbs	Mexican spice mix
1 tin	2 tins	red kidney beans, drained & rinsed
1 packet	2 packets	mini white corn tortillas
2 cups	4 cups	finely shredded red cabbage
1 sachet	2 sachets	Tapatio hot sauce

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	3000	Kj
Protein	23.1	g
Fat, total	26.1	g
-saturated	4.8	g
Carbohydrate	85	g
-sugars	8.1	g
Sodium	344	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** chopping board, chef's knife, sieve, fork, three small bowls, and a medium frying pan.

**1** In a small bowl, mash the **avocado** with a fork and stir through the **birdseye chilli**, half of the **lemon juice** and a pinch of **salt**. Set aside.

**2** In a separate small bowl combine the **corn kernels**, **coriander**, a third of the **red onion** and the remaining lime juice. Set aside.

**3** In a medium frying pan heat the **olive oil** over a medium-high heat. Add the remaining red onion and cook, stirring, for **3 minutes** or until softened. Add the **mushrooms** and cook, stirring, for **4-5 minutes** or until softened. Add the **Mexican spice mix** and **red kidney beans** and cook stirring for **1 minute** or until the seasoning is fragrant and the mushrooms and beans are well coated.

**4** Heat the **mini white corn tortillas** according to the packet directions.

**5** Serve up the warm tortillas, Mexican spiced beans and mushrooms, corn salsa, **red cabbage** and guacamole and let everyone create their own sizzling taco masterpiece. If you like heat, drizzle with some **Tapatio hot sauce**.

**Did you know?** Tortillas were actually canned between the 1930s-1980s - thank goodness that's changed!