



Fried Bean and Mushroom Tacos

with Feta and Chipotle Mayo

Rapid 20 Minutes • Medium Spice • 2.5 of your 5 a day • Veggie

16



Onion



Closed Cup Mushrooms



Lime



Red Kidney Beans



Garlic Clove



Tomato Purée



Ground Cumin



Smoked Paprika



Vegetable Stock Powder



Mayonnaise



Chipotle Paste



Soft Shell Taco



Feta Cheese



Baby Gem Lettuce

Before you start

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

Cooking tools, you will need:

Colander, Fine Grater (or Garlic Press), Frying Pan, Measuring Jug and Baking Tray.

Ingredients

	2P	3P	4P
Onion**	1	2	2
Closed Cup Mushrooms**	1 small punnet	1 large punnet	1 large punnet
Lime**	½	1	1
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	1 clove	2 cloves	2 cloves
Tomato Purée	1 sachet	2 sachets	2 sachets
Ground Cumin	1 small sachet	1 large sachet	2 small sachets
Smoked Paprika	1 small pot	1 large pot	2 small pots
Water for the Filling*	75ml	100ml	150ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Mayonnaise 8 9	2 sachets	3 sachets	4 sachets
Chipotle Paste	1 sachet	1 sachet	2 sachets
Soft Shell Taco 13	3	5	6
Feta Cheese 7 **	1 block	1½ blocks	2 blocks
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)	2295 /549	465 /111
Fat (g)	24	5
Sat. Fat (g)	11	2
Carbohydrate (g)	54	11
Sugars (g)	13	3
Protein (g)	23	5
Salt (g)	3.35	0.68

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.

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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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(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 **tacos** directly onto the top shelf of the oven for 1-2 mins just to heat through (2 per person).
- Crumble the **feta**.
- Trim the root from the **baby gem lettuce** then half lengthways. Thinly slice widthways and toss with a squeeze of **lime juice**.



Flavour Time

- Add another small glug of **oil** then stir the **garlic**, **tomato purée**, **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 powder**. Stir well to dissolve the **stock powder**.
- Cook for a further 5-6 mins then season to taste with **salt** and **pepper**, then turn the heat to low while you finish everything else off.



Build Your Tacos!

- Lay a warm **taco** 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 **tacos**. You should serve two per person. Serve with any extra **lime wedges**.

Enjoy!