# **Black Bean Tacos**

on Lettuce Cups with Avocado

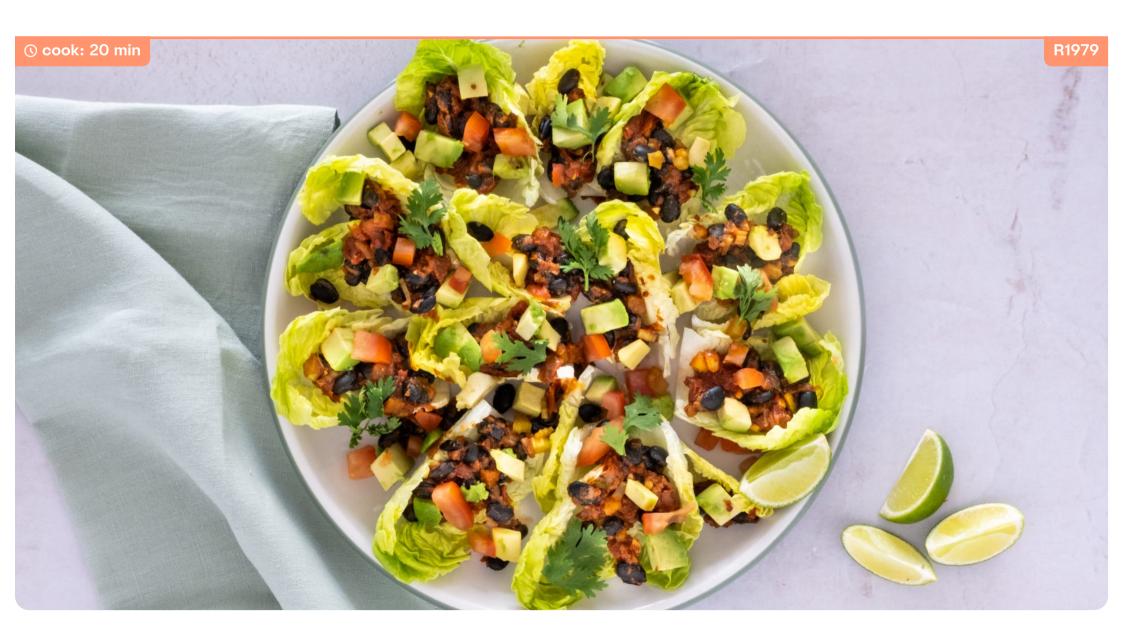
A light meal that will satisfy all of your cravings!

# hellóchef

Cals 547 • Prot 25 • Carbs 82 • Fat 21

Vegan

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#### Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

#### Ingredients

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Tacos	2 ppl	3 ppl	4 ppl	
Black beans	240	480	480	Grams
Sun dried tomatoes	60	120	120	Grams
Shallots	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Celery	1	2	2	Piece
Olive oil	2	4	4	Tbsp
Coriander cumin powder	4	8	8	Grams
Chilli flakes	2	2	4	Grams
Smoked paprika powder	2	4	4	Grams
Tomato paste	70	140	140	Grams
Water	80	120	160	ML
Maple syrup	20	30	40	ML
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp
To serve				
Baby gem lettuce	4	6	8	Piece
Avocado	1	2	2	Piece
Tomatoes	1	2	2	Piece
Lime	1	2	2	Piece
Fresh coriander	15	15	15	Grams
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1 Prep beans
Drain and rinse the black beans thoroughly.



**2 Prep vegetables**Chop the **sun dried tomatoes**. Peel and finely chop the **shallots** and **garlic**. Finely chop the **celery**.



3 Fry filling

Heat a pan over a medium-high heat with a drizzle of oil. Once hot, add the shallots with a pinch of salt and fry for 3 min. Add the sun dried tomatoes, garlic, celery, coriander cumin powder, chilli flakes (spicy!), smoked paprika and tomato paste. Fry for 2 min.

#### **Allergens**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2286 / 547
Fat (g)	20.9
of which saturates (g)	2.8
Carbohydrate (g)	82
of which sugars (g)	30.6
Fiber (g)	25.7
Protein (g)	24.5
Salt (g)	1.8

<sup>\*</sup>Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



## 4 Finish filling

Add the drained **black beans, measured water** and **maple syrup**. Simmer for 2-3 min. Season with **salt** and **pepper** to taste. Remove the pan from the heat.



### **5 Prep toppings**

Separate the **lettuce** leaves. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then chop it. Finely chop the **tomatoes**. Slice the **lime** into wedges. Pick the **coriander** leaves.

**Tip!** To get your avocados to ripen more quickly, store them in a paper bag with apples or ripe bananas. If they're already ripe before you want to use them, store them in the fridge!



#### 6 Serve

Load the **lettuce** leaves with the **black** bean mixture. Top with the **avocado**, tomatoes and fresh coriander. Finish with a squeeze of **lime** juice. Enjoy with fingers or utensils!