

Black Bean Tacos

on Lettuce Cups with Avocado

hellóchef

A light meal that will satisfy all of your cravings!

Cals 547 • Prot 25 • Carbs 82 • Fat 21

Vegan

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🕒 cook: 20 min

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Before you start

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

Ingredients

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

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

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



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.



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!