

# Black Bean Tacos

## on Lettuce with Avocado

hellóchef

A light meal that will satisfy all of your cravings!

Cals 481 • Prot 17 • Carbs 64 • Fat 20

Calorie Smart • Quick & Easy • Vegan

⌚ 20 min

R19





## 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    | 60    | 90    | Grams |
| Shallots               | 1     | 1     | 2     | Piece |
| Garlic cloves          | 2     | 3     | 4     | Piece |
| Celery                 | 1     | 1     | 2     | Piece |
| Olive oil              | 2     | 3     | 4     | Tbsp  |
| Coriander cumin powder | 4     | 8     | 8     | Grams |
| Chilli flakes          | 2     | 2     | 4     | Grams |
| Smoked paprika powder  | 2     | 2     | 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

May contain the following items and their products: crustaceans, peanuts, soybeans, cree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



### 1 Rinse beans

Drain the **black beans** in a colander and rinse with cold water.



### 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**. Fry the **shallots** with a pinch of **salt** for 3 min. Add the **sun dried tomatoes**, **garlic**, **celery**, **coriander cumin powder**, **chilli flakes** (**spicy!**), **smoked paprika** and **tomato paste**. Fry, stirring, 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 dice it. Dice the **tomatoes**. Slice the **lime** into wedges. Pick the **coriander** leaves.



### 6 Serve

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



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## Pro Tip

To get your avocados to ripen more quickly, store them in a paper bag with apples.

## Tips For Fussy Eaters

Prepare a separate batch and keep the spices mild.  
Serve with rice or regular taco shells.