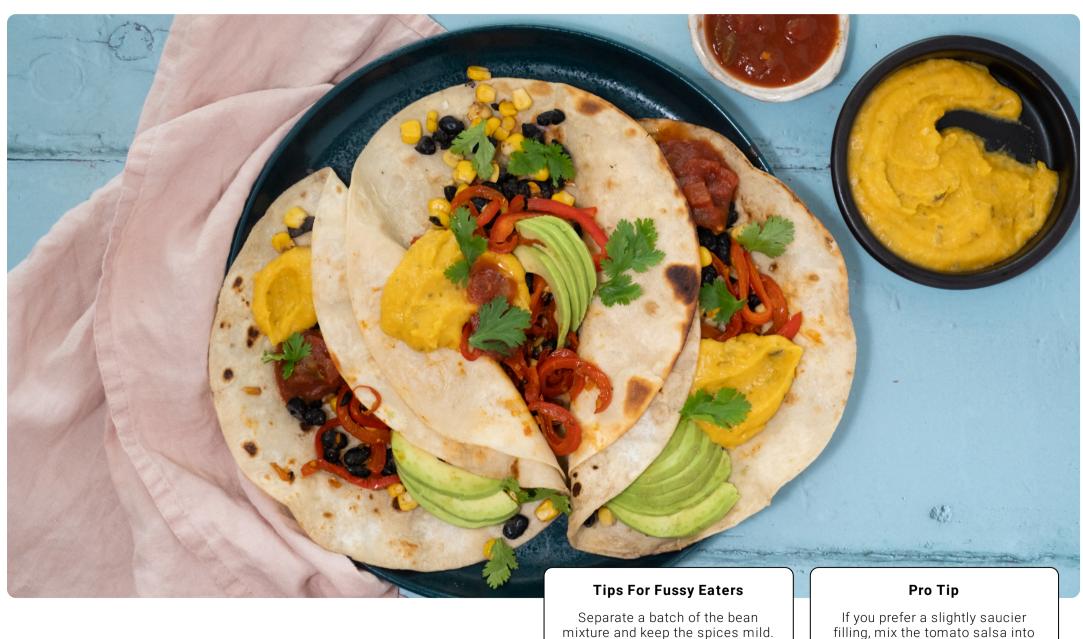
# **Vegan Tortillas**

with Beans, Queso and Avocado



Serve the components separately

and let them build their own

tortillas.

A party on a plate!

Takes: 30 min | Dairy-Free | Equipment Required: Blender Cals 801 | Prot 23 | Carbs 130 | Fat 25

If you prefer a slightly saucier filling, mix the tomato salsa into the sauce instead of serving it separately.

#### Ingredients For 2 For 3 For 4 Tortilla filling 480 480 Black beans 240 Grams Sweet corn kernels 145 145 290 Grams Red onion 2 2 Piece 3 Garlic cloves 4 Piece Red pepper 2 Piece Fajita seasoning 10 10 20 Grams ML50 75 100 Water 5 10 Brown sugar Grams Salt 2 Tsp Black pepper 0.5 Tsp **Oueso** Potatoes 100 150 200 Grams 2 Carrot Piece Jalapeno slices 30 45 60 Grams Nutritional yeast 6 8 Grams 2 Olive oil Tbsp 2 Vegetable stock cube Piece 0.5 Salt Tsp Almond milk 120 120 240 ML To serve Avocado 2 Piece 2 Lime 3 Piece Fresh coriander 15 15 15 Grams 9 12 8" tortilla wraps Piece Hot tomato salsa 200 200 300 Grams



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# 1 Prep vegetables

Rinse and drain the **black beans** and **sweet corn**. Peel and chop the **onion**. Peel and mince the **garlic**. Slice the **pepper** into thin strips.

### 2 Start queso

Peel the **potatoes** and **carrots** and chop them into small **cubes**. Boil the **potatoes** and **carrots** for 15-20 min until fully softened. Drain well.

#### 3 Make bean mixture

Meanwhile, heat a large pan over a medium-high heat with a drizzle of oil. Add the onion and bell pepper and fry for 5 min. Add the garlic and fajita seasoning (spicy!) and fry for 2 min further. Add the drained black beans, sweet corn kernels, measured water and brown sugar. Simmer for 5 min. Season with salt and pepper to taste (see pro tip).







# 4 Finish queso

Meanwhile, add the boiled and drained potato and carrot cubes, jalapeno slices (spicy!), nutritional yeast, crumbled vegetable stock cube, olive oil and salt to a blender. Blitz. Slowly add the almond milk to the running blender, adjusting the amount to achieve the desired consistency. Blend until smooth.

### 5 Prep toppings

Slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it. Slice the **limes** into wedges. Chop the **coriander**.

# 6 Serve

Heat the **tortilla wraps**. Top or fill the **tortillas** with the bean mixture. Serve with the **queso**, **tomato salsa** (**spicy!**), **avocado** and chopped **coriander**. Garnish with the **lime** wedges.