



A party on a plate!

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

Tips For Fussy Eaters

Separate a batch of the bean mixture and keep the spices mild. Serve the components separately and let them build their own tortillas.

Pro Tip

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

Black beans	240	480	480	Grams
Sweet corn kernels	145	145	290	Grams
Red onion	1	2	2	Piece
Garlic cloves	3	4	4	Piece
Red pepper	1	1	2	Piece
Fajita seasoning	10	10	20	Grams
Water	50	75	100	ML
Brown sugar	5	5	10	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp

Queso

Potatoes	100	150	200	Grams
Carrot	1	1	2	Piece
Jalapeno slices	30	45	60	Grams
Nutritional yeast	4	6	8	Grams
Olive oil	1	2	2	Tbsp
Vegetable stock cube	1	1	2	Piece
Salt	0.5	1	1	Tsp
Almond milk	120	120	240	ML

To serve

Avocado	1	2	2	Piece
Lime	2	2	3	Piece
Fresh coriander	15	15	15	Grams
8" tortilla wraps	6	9	12	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.