

Sweet Potato, Black Bean and Feta Taquitos

with Salsa and Avo Lime Crema

hellóchef

A taquito is a Mexican food that consists of a stuffed, rolled up tortilla wrap which is most commonly deep-fried. For ease, ours are baked!

Cals 1339 • Prot 43 • Carbs 188 • Fat 39

Vegetarian

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 45 min

R2624



Before you start

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

Ingredients

Taquitos	2 ppl	3 ppl	4 ppl	
Sweet potatoes	400	600	800	Grams
Salt	1	1	2	Tsp
Black beans	240	240	480	Grams
Red onion	1	1	2	Piece
Vegetable oil	2	3	4	Tbsp
Cumin powder	2	4	4	Grams
Smoked paprika powder	2	4	4	Grams
Chipotle powder	2	2	2	Grams
Tomato paste	30	30	50	Grams
Water	100	100	200	ML
8" tortilla wraps 10*, 11*	6	9	12	Piece
Feta cheese 4*	150	200	300	Grams
Salsa				
Cherry tomatoes	150	150	300	Grams
Sweet corn kernels	122	122	244	Grams
Spring onion	40	60	80	Grams
Fresh coriander	15	15	15	Grams
Lime	2	3	4	Piece
Olive oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Avo Crema				
Avocado	1	2	2	Piece
Sour cream 4*	60	90	120	Grams
Salt	0.5	0.5	1	Tsp

Allergens

*10 Wheat, *11 Gluten, *4 Milk

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)	5603 / 1339
Fat (g)	38.6
of which saturates (g)	17.1
Carbohydrate (g)	188
of which sugars (g)	27.6
Fiber (g)	28.4
Protein (g)	42.5
Salt (g)	9.1

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



1 Make mash

Preheat the oven to 220°C/200°C fan. Peel the **sweet potatoes** and chop them into bite-size pieces. Add them to a pot of salted boiling water and boil for 15 min or until tender. Drain the **sweet potatoes** and return them to the pan with a generous sprinkle of **salt**. Mash until smooth and season to taste.



2 Make chilli

Meanwhile, drain and rinse the **black beans**. Peel and finely chop the **onion**. Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt**. Fry for 5 min until softened. Add the **cumin, smoked paprika** and pinch of **chipotle (spicy!)** and fry for 1 min further. Add the **tomato paste, measured water** and drained **beans** and cook for a final 3 min. Season and set aside.



3 Bake taquitos

Divide the **sweet potato mash** between the **tortilla wraps**. Top with the **bean chilli** and crumbled **feta**. Roll each **tortilla** up and arrange them in an oiled oven-proof dish, seam-side down. Drizzle generously with **vegetable oil** and roast for 20 min or until crisp – these are your **taquitos**.

Tip! Use a pastry brush to cover the wraps in a thin layer of oil, so they get crisp all over.



4 Make salsa

Meanwhile, finely chop the **cherry tomatoes**. Drain the **corn**. Trim and finely slice the **spring onion**. Roughly chop the **coriander**. Juice half of the **limes** into a bowl. Add the **spring onion, tomatoes, sweet corn, fresh coriander, olive oil** and **salt**. Mix well – this is your **salsa**.



5 Avo crema

Meanwhile, slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon. Add it to a bowl. Add the remaining **lime** juice and **sour cream**. Mash with a fork until smooth. Alternatively, use a food processor or blender to get it really smooth. Season with plenty of **salt**.



6 Serve

Once the **taquitos** are ready, divide among plates and serve with a dollop of **avo lime crema** and the **salsa** to the side.