



UCCOOK

Vegan Bean Tacos & Guacamole

with a jalapeño salsa

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Veggie: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Nitída | Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	501kJ	3681kJ
Energy	120kcal	881kcal
Protein	3.5g	25.9g
Carbs	16g	114g
of which sugars	2.7g	19.7g
Fibre	4g	29.2g
Fat	4.2g	30.8g
of which saturated	0.7g	5g
Sodium	247mg	1817mg

Allergens: Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & finely dice ½ [1]</i>
10ml	20ml	Old Stone Mill Mexican Spice
50ml	100ml	Tomato Passata
120g	240g	Kidney Beans <i>drain & rinse</i>
3	6	Wheat Flour Tortillas
1	1	Tomato <i>rinse & roughly dice</i>
15ml	30ml	Jalapeño Relish
3g	5g	Fresh Coriander <i>rinse, pick & finely chop</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>
1 unit	1 unit	Guacamole

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. SPICY BEANS Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 3-4 minutes (shifting occasionally). Add the Mexican spice and fry until fragrant, 1-2 minutes. Add the tomato passata and 100ml [200ml] of water. Simmer until thickening and not too saucy, 8-10 minutes. In the final 3-4 minutes, add the beans and cook until heated through. Remove from the heat, add a sweetener (to taste), and season.

2. TORTILLA Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

3. JALAPENO SALSA In a small bowl, combine the tomato, the jalapeno relish, the coriander, a drizzle of olive oil and seasoning.

4. ASSEMBLE Lay down the tortillas and fill with the salad leaves and the saucy spicy beans. Top with the guacamole and the jalapeno salsa. Enjoy, Chef!