

UCCOOK

Vegetarian fajitas

with sour cream

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Ethan Shahim

Nutritional Info

	Per 100g	Per Portion
Energy	759kj	3254kj
Energy	182kcal	778kcal
Protein	3.7g	16.1g
Carbs	18g	78g
of which sugars	1.6g	6.8g
Fibre	5.1g	22g
Fat	11g	47.3g
of which saturated	2.8g	12.1g
Sodium	196mg	839mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Moderate



Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Avocado
60g	120g	Black Beans <i>drain</i>
15g	30g	Sliced Pickled Jalapeños <i>drain</i>
10ml	20ml	Lime Juice
2	4	Wheat Flour Tortillas
30ml	60ml	Sour Cream
3g	1	Fresh Coriander <i>rinse, pick & shred</i>
10g	20g	Crispy Onion Bits

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **BEAN THERE, DONE THAT** Cut the avocado in half and scoop ½ [1] of the flesh into a bowl. Add the beans, jalapeno (to taste), and lime juice. Mix to combine and season.

2. **FAB FAJITAS** Heat the tortilla in a microwave until softened, 15 seconds. Allow to cool slightly before assembling. Place a spoonful of the black bean filling onto the tortilla, dollop over the sour cream, and finish with coriander and crispy onion. Roll up your tortilla and dig in, Chef.