

UCOOK

Mexican Veggie Mince Tacos

with sour cream & guacamole

Taco walk on the wild side with corn tortillas loaded with falafel mince, melty cheese, charred corn, and sour cream. Dolloped with guacamole and sprinkled with spring onion, this taco is definitely Mexcellent!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Megan Bure

 Veggie

 Leopard's Leap | Sauvignon Blanc

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Ingredients & Prep

165g	Outcast Falafel Mix
150g	Corn
15ml	NOMU Mexican Spice Blend
2	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
150g	Grated Mozzarella & Cheddar Cheese
125ml	Sour Cream
120g	Guacamole
2	Limes <i>1½ zested & cut into wedges</i>
9	Corn Tortillas
60g	Salad Leaves <i>rinsed & roughly shredded</i>
30g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. FIRST THINGS FIRST Boil the kettle. Place the falafel mix, a pinch of salt, and 300ml of boiling water in a shallow bowl. Mix well to combine, but not for longer than about 30 seconds. Cover with a plate and set aside for at least 10 minutes.

2. CORN-IVOR Place a pan, with a lid, over medium-high heat with a drizzle of oil. When hot, add the corn and fry for 4-5 minutes until lightly charred, shifting occasionally. Remove from the pan and season.

3. FALAFEL FROM HEAVEN Return the pan to medium-high heat with a drizzle of oil. When hot, add the rehydrated falafel mixture and work quickly to break it up as it starts to cook. Fry for 4-5 minutes until crisping up, shifting occasionally. Add the spice blend and the spring onion whites. Fry for 1-2 minutes until fragrant, shifting occasionally. Add the charred corn and seasoning to the pan. Sprinkle over the grated cheese. Cover with the lid and leave for 3-4 minutes until the cheese is melted. Remove from the heat.

4. IT'LL GUAC YOUR WORLD Season the sour cream and loosen with a splash of water. Set aside. In a small bowl, combine the guacamole, the lime zest, and seasoning. Set aside.

5. TOASTY TACOS Place a clean pan over medium heat. When hot, dry toast the tortillas for 15 seconds per side until warmed through and lightly crisped. Once heated, stack under a dry tea towel to stop them from getting cold or drying out.

6. SOMETHING TO TACO ABOUT Lay down the toasted tortillas. Smear on the sour cream and top with the shredded salad leaves and the cheesy veggie mince. Scatter over chopped jalapeños (to taste) and the spring onions greens. Dollop over the guacamole. Serve with a lime wedge. Delish, Chef!

Nutritional Information

Per 100g

Energy	883kJ
Energy	211kcal
Protein	7.9g
Carbs	21g
of which sugars	3.4g
Fibre	5.6g
Fat	9.9g
of which saturated	4.1g
Sodium	419mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days