



# UCOOK

## Refined Black Bean Taquitos

with cucumber, charred corn & fresh chives

With this UCOOK recipe, you will want to make every day Taquito Thursday! These crispy & spicy bean-stuffed mini rotis are sided with a vibrant cucumber & charred corn salad and a yummy jalapeño cashew cream sauce to dunk to your heart's desire. A must-have Mexican dish for any Chef!

---

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

---

**Serves:** 2 People

---

**Chef:** Ella Nasser

---

Veggie

---

Creation Wines | Creation Sauvignon  
Blanc/Semillon

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

---

1	Onion <i>peel &amp; finely dice</i>
240g	Black Beans <i>drain &amp; rinse</i>
10ml	NOMU Mexican Spice Blend
20g	Walnuts <i>roughly chop</i>
10	Rotis
100g	Corn
60ml	Cashew Nut Cream Cheese
20ml	Jalapeño Relish
100g	Cucumber <i>rinse &amp; finely dice</i>
2	Tomatoes <i>rinse &amp; roughly dice</i>
5g	Fresh Chives <i>rinse &amp; finely chop</i>
10ml	Lemon Juice

## From Your Kitchen

---

Oil (cooking, olive or coconut)  
Water  
Seasoning (salt & pepper)

**1. SPICE IT UP** Preheat the oven to 200°C. Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry ¼ of the diced onion until soft, 3-4 minutes (shifting occasionally). Add the drained beans, 100ml of water, and the NOMU spice blend. Cover and simmer until the beans have softened slightly, 5-7 minutes. Remove from the heat, season, and add the chopped walnuts.

**2. GET THE BEANS ROLLING** Place the rotis in a single layer on a chopping board. Place 2-3 tbsp of the refined bean mixture down the centre of each roti in a straight line (you may have some filling left over!). Roll up each roti tightly so that it resembles a cylinder with the filling inside. Place on a baking tray in a single layer, fold-side down. Pop in the oven and bake until golden and starting to crisp, 10-12 minutes.

**3. CHAR THE CORN** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. RELISH THE RELISH** In a small bowl, combine the cashew cream cheese, the jalapeño relish (to taste), and seasoning.

**5. RAINBOW SALSA** In a bowl, combine the diced cucumber, the diced tomatoes, the charred corn, ½ the chopped chives, the remaining onion, the lemon juice, and seasoning. Mix until fully combined.

**6. BUEN PROVECHO!** Pile up the refined bean taquitos. Side with the charred corn salad. Serve with the jalapeño cashew cream for dunking. Side with any remaining filling. Sprinkle over the remaining chives. Well done, Chef!

## Nutritional Information

---

Per 100g

Energy	493kJ
Energy	118kcal
Protein	3.9g
Carbs	18g
of which sugars	3.9g
Fibre	2.6g
Fat	3.4g
of which saturated	0.5g
Sodium	245mg

---

## Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Eat  
Within  
3 Days