



UCOOK

Mushroom Fajitas

with guacamole, refried beans & pickled bell peppers

An elegant vegetarian twist on a dish you know and love so well! Golden and marinated mushrooms & onions, oozy cheese, refried beans, and dreamy guacamole. Packed into tortillas, there you have it!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Ella Nasser

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

20ml	NOMU Mexican Spice Blend
1	Lemon <i>cut into wedges</i>
250g	Portobellini Mushrooms <i>wiped clean & roughly sliced</i>
1	Onion <i>½ sliced & ½ finely diced</i>
120g	Black Beans <i>drained & rinsed</i>
160g	Grated Mozzarella & Cheddar Cheese Mix
1	Plum Tomato <i>diced</i>
100g	Pickled Bell Peppers <i>drained & thinly sliced</i>
40g	Green Leaves <i>rinsed & shredded</i>
85ml	Crème Fraîche
4	Wheat Flour Tortillas
160g	Guacamole

From Your Kitchen

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

1. GET THE FAJITAS STARTED Preheat the oven to 200°C. In a large bowl, add the Mexican spice blend, a drizzle of oil and the juice from 2 lemon wedges. Mix until fully combined. Add the sliced mushrooms and the sliced onion and toss until coated. Place on a greased baking tray and spread out in a single layer. Roast in the hot oven for 12-15 minutes.

2. REFRIED BEANS Place a pan, with a lid, over a medium-high heat with a drizzle of oil. When hot, add the diced onions and fry for 5-6 minutes, until soft and translucent, shifting occasionally. Mix in the drained beans and 100ml of water. Cover with the lid and cook for 5-7 minutes until softened.

3. MASH IT UP Once the beans have softened, mash with a potato masher or fork until smooth. Cook for a further 2-3 minutes, stirring often until desired consistency. Remove from the heat and add a squeeze of lemon juice and seasoning. If the mashed beans are too dry, add a splash of water. Cover to keep warm.

4. LOCO ABOUT SALAD When the roast veg has 5 minutes remaining, sprinkle over the cheese and roast for the remaining time, until melted. In a small bowl, combine the diced plum tomato, sliced pickled peppers and shredded green leaves with a drizzle of oil and seasoning. Loosen the crème fraîche with a splash of water and season.

5. WRAPPING IT UP Place a pan over a high heat. When hot, add a tortilla and toast for 30 seconds per side until slightly toasted and charred. Remove from the pan, and repeat with the remaining tortillas.

6. HOLY GUACAMOLE DIY! Time to plate up the fajitas. Start with the warm tortillas, and smear with some of the crème fraîche. Top with the refried beans and the salad mix. Pile up the cheesy mushrooms and onion, dollop over the guacamole, and drizzle over the remaining crème fraîche. Serve with any remaining lemon wedges. Bueno, Chef!

Nutritional Information

Per 100g

Energy	633kJ
Energy	151Kcal
Protein	5.3g
Carbs	13g
of which sugars	3.6g
Fibre	2g
Fat	8.9g
of which saturated	4.2g
Sodium	331mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days