



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: 45 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Ella Nasser

 Veggie

 Strandveld | Adamastor White Blend

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Ingredients & Prep

2	Onions <i>1½ peeled & finely diced</i>
360g	Black Beans <i>drained & rinsed</i>
15ml	NOMU Mexican Spice Blend
30g	Walnuts <i>roughly chopped</i>
15	Rotis
150g	Corn
90ml	Cashew Nut Cream Cheese
30ml	Jalapeño Relish
150g	Cucumber <i>rinsed & finely diced</i>
3	Tomatoes <i>rinsed & roughly diced</i>
8g	Fresh Chives <i>rinsed & finely chopped</i>
15ml	Lemon Juice

From Your Kitchen

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

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 ¾ of the diced onion until soft, 4-6 minutes (shifting occasionally). Add the drained beans, 150ml 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, 4-6 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	586kJ
Energy	140kcal
Protein	4.4g
Carbs	20g
of which sugars	4.1g
Fibre	2.7g
Fat	4.3g
of which saturated	0.4g
Sodium	278mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts, Soy

Cook
within 2
Days