



# UCOOK

## Refried Black Bean Taquitos

with avocado, charred corn & fresh  
coriander

With this UCOOK recipe, you will want to make every day Taquitos Thursdays! These crispy and spicy bean-stuffed tortillas are sided with fresh avo, a vibrant corn salad and yummy sauce to dunk to your heart's desire. A must-have Mexican dish for any Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People


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**Chef:** Ella Nasser

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 Veggie

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 Leopard's Leap | Pinotage

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## Ingredients & Prep

1	Red Onion <i>peeled &amp; finely diced</i>
240g	Black Beans <i>drained &amp; rinsed</i>
30ml	Mexican Spice <i>(10ml NOMU Mexican Spice Blend &amp; 20ml Nutritional Yeast)</i>
30g	Walnuts <i>roughly chopped</i>
10	Wheat Flour Tortillas
100g	Corn
85ml	Cashew Nut Cream Cheese
40ml	Jalapeño Relish
1	Avocado
2	Tomatoes <i>roughly diced</i>
8g	Fresh Coriander <i>rinsed &amp; picked</i>
1	Lime <i>cut into wedges</i>

## 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, add  $\frac{3}{4}$  of the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the drained beans, 100ml of water, and the Mexican spice. Cover with the lid and leave to simmer for 5-7 minutes until the beans have softened slightly. Remove from the heat and add the chopped walnuts.

**2. GET ROLLIN'** Place the tortillas in a single layer on a chopping board. Place 2-3 tbsps of the refried beans mixture down the centre of each tortilla in a straight line from top to bottom (you may have some filling left over!). Roll up each tortilla tightly so that it resembles a cylinder with the filling inside. Place on a lightly greased baking tray in a single layer, fold-side down. Pop in the hot oven and bake for 10-12 minutes until golden and starting to crisp.

**3. CHAR THE CORN** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the corn and fry for 4-5 minutes until charred, shifting occasionally. Remove from the pan and set aside. In a small bowl, combine the cashew cream cheese, the jalapeño relish (to taste) and season.

**4. COLOURFUL SALSA** Halve the avocado and remove the pip. Scoop out the avocado flesh and cut into bite-sized chunks. Place in a bowl along with the diced tomatoes, the charred corn,  $\frac{1}{2}$  the picked coriander, the remaining onion, the juice of 2 lime wedges, and seasoning. Mix until fully combined.

**5. BUEN PROVECHO!** Pile up the refried bean taquitos. Side with the charred corn salad. Serve with the jalapeño cashew cream for dunking. Side with any remaining filling and a lime wedge. Sprinkle over the remaining coriander. Well done, Chef!

## Nutritional Information

Per 100g

Energy	632kj
Energy	151kcal
Protein	4.3g
Carbs	18g
of which sugars	3g
Fibre	3.4g
Fat	6.8g
of which saturated	1.1g
Sodium	221mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 3  
Days