



UCOOK

Smoky Bean Chilli Tacos

with ready-made tomato salsa, corn tortillas & spiced quinoa

It's Taco Night, and this texture-filled treat is gonna keep it upbeat! Our bean chilli includes baked quinoa, smoky spices, and kidney beans – all jumbled with salsa, dolloped with crème fraîche, and scooped into tortillas.

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Tess Witney

 **Vegetarian**

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



Ingredients & Prep

75ml	Red & White Quinoa Mix
10ml	Vegetable Stock
150g	Baby Tomatoes <i>rinsed & quartered</i>
3g	Fresh Mint <i>rinsed, picked & finely sliced</i>
30ml	Crème Fraîche
5ml	NOMU Mexican Spice Blend
1	Garlic Clove <i>peeled & grated</i>
65ml	Tomato Salsa
60g	Kidney Beans <i>drained & rinsed</i>
1	Spring Onion <i>finely sliced</i>
4	Soft Shell Corn Tortillas
1	Fresh Chilli <i>deseeded & finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Tinfoil

1. GET THE QUINOA GOING Preheat the oven to 220°C. Rinse the quinoa and place in a pot with the stock. Submerge in 200ml of water and give a stir. Place over a medium-high heat and bring to a simmer uncovered. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

2. MARINATION STATION! Place ½ of the quartered baby tomatoes in a bowl. Add ¾ of the sliced mint, a pinch of salt, and a drizzle of oil. Toss to coat and set aside to marinate until serving. Loosen the crème fraîche with water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

3. MEXI 'MINCE' When the quinoa is cooked, transfer to a tinfoil-lined baking tray. Stir through the Mexican spice blend (to taste) and the grated garlic. Gently toss through the tomato salsa, the drained kidney beans, the remaining baby tomatoes, and ¾ of the sliced spring onion. Generously drizzle with oil and season to taste with salt, pepper, and a sweetener of choice. Toss to coat and spread out in an even layer. Bake in the hot oven for 15-20 minutes, mixing at the halfway mark to ensure even cooking. On completion, the quinoa should be crispy and have a smoky aroma.

4. TORTILLA TIME Place a pan over a medium heat. When hot, dry toast the tortillas for 30-60 seconds on one side. Flip over, spritz the upturned side with water, and heat for another 30-60 seconds until warmed through and lightly crisped. (The water helps them to retain their pliability.) You'll need to do this step in batches, stacking the heated ones under a dry dishcloth as you go to stop them from getting cold or drying out.

5. ASSEMBLE THE TACO TROOPS! Lay out the warm tortillas and pile the quinoa and bean chilli in the centre. Cover in the minty tomatoes and drizzle over the crème fraîche. Sprinkle over the sliced chilli to taste, and garnish with the remaining spring onion and mint. Fold up and enjoy!

Nutritional Information

Per 100g

Energy	792kj
Energy	189Kcal
Protein	5.7g
Carbs	27g
of which sugars	2.6g
Fibre	3.5g
Fat	5.5g
of which saturated	2.2g
Sodium	672mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days