



UCCOOK

Vegan Bean Tacos & Guacamole

with a jalapeño salsa

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Suné van Zyl

Wine Pairing: Nitida | Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	501kJ	3681kJ
Energy	120kcal	881kcal
Protein	3.5g	25.9g
Carbs	16g	114g
of which sugars	2.7g	19.7g
Fibre	4g	29.2g
Fat	4.2g	30.8g
of which saturated	0.7g	5g
Sodium	247mg	1817mg

Allergens: Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & finely dice 1½ [2]</i>
30ml	40ml	Old Stone Mill Mexican Spice
150ml	200ml	Tomato Passata
360g	480g	Kidney Beans <i>drain & rinse</i>
9	12	Wheat Flour Tortillas
2	2	Tomatoes <i>rinse & roughly dice</i>
45ml	60ml	Jalapeño Relish
8g	10g	Fresh Coriander <i>rinse, pick & finely chop</i>
60g	80g	Green Leaves <i>rinse & roughly shred</i>
2 units	2 units	Guacamole

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. SPICY BEANS Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 5-6 minutes (shifting occasionally). Add the Mexican spice and fry until fragrant, 1-2 minutes. Add the tomato passata and 300ml [400ml] of water. Simmer until thickening and not too saucy, 12-15 minutes. In the final 3-4 minutes, add the beans and cook until heated through. Remove from the heat, add a sweetener (to taste), and season.

2. TORTILLA Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

3. JALAPENO SALSA In a small bowl, combine the tomato, the jalapeno relish, the coriander, a drizzle of olive oil and seasoning.

4. ASSEMBLE Lay down the tortillas and fill with the salad leaves and the saucy spicy beans. Top with the guacamole and the jalapeno salsa. Enjoy, Chef!