



UCOOK

Smoky Quinoa & Kidney Bean Tacos

with corn tacos, baby tomatoes & fresh chilli

It's taco night and this texture-filled treat is gonna keep it upbeat! Our vegan mince is made from baked quinoa, tomato salsa, smoky spices, and beans – all bundled up in flavourful tacos.


Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Tess Witney

 Vegetarian

 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Chenin Blanc

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Ingredients & Prep

225ml	Quinoa
30ml	Vegetable Stock
450g	Baby Tomatoes <i>quartered</i>
8g	Fresh Mint <i>rinsed, picked & finely sliced</i>
15ml	NOMU Mexican Spice Blend
3	Garlic Cloves <i>peeled & grated</i>
170ml	Tomato Salsa
180g	Red Kidney Beans <i>drained & rinsed</i>
3	Spring Onions <i>finely sliced</i>
12	Corn Tacos
85ml	Coconut Yoghurt
2	Fresh Chillies <i>deseeded & finely sliced</i>

From Your Kitchen

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

1. GET THE QUINOA GOING Preheat the oven to 220°C. Rinse the quinoa and place in a pot with the stock. Submerge in 600ml 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 the cooking process. 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.

3. QUINOA 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 onions. Add a generous drizzle of oil and some seasoning. Toss to coat and spread out in an even layer. Bake in the hot oven for 25-30 minutes, mixing at the halfway mark to ensure even cooking. On completion, the quinoa should be crispy and have a smoky aroma.

4. TOAST TORTILLAS! When the baked quinoa has 5 minutes remaining, place a dry pan over a medium heat. When hot, warm the tacos for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds. Or, heat up in the oven for 2-3 minutes if you prefer. Once heated, stack on a plate on top of one another and cover with a tea towel to keep warm. Loosen the coconut yoghurt with water or milk in 5ml increments until thick drizzling consistency and season.

5. ASSEMBLE THE TACO TROOPS! Lay out the warm tacos, and pile the quinoa 'mince' in the centre. Cover with the minty tomatoes and sprinkle over the fresh, sliced chilli to taste. Drizzle over the coconut yoghurt and garnish with the remaining spring onion and mint. Fold up and enjoy!

Nutritional Information

Per 100g

Energy	599kj
Energy	143Kcal
Protein	4.8g
Carbs	22g
of which sugars	2.2g
Fibre	3.8g
Fat	3g
of which saturated	1g
Sodium	428mg

Allergens

Allium, Sulphites

Cook
within 3
Days