



UCCOOK

Smoky Cauliflower Street Tacos

with avocado & black beans

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Piekenierskloof | Grenache blanc 2024

Nutritional Info

	Per 100g	Per Portion
Energy	469kJ	3784kJ
Energy	112kcal	905kcal
Protein	3g	24.6g
Carbs	14g	112g
of which sugars	2.3g	18.8g
Fibre	3.9g	31.7g
Fat	5g	39.9g
of which saturated	1.1g	8.5g
Sodium	207mg	1672mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly slice ½ [1]</i>
100g	200g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
50g	100g	Corn
10ml	20ml	Old Stone Mill Mexican Spice
120g	240g	Black Beans <i>drain & rinse</i>
50g	100ml	Tomato Salsa
2	4	Wheat Flour Tortillas
1	1	Avocado <i>cut in half & thinly slice ½ [1]</i>
20g	40g	Green Leaves <i>rinse & finely shred</i>
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. VEGGIE MIX Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until soft and lightly golden, 4-5 minutes. Add the cauliflower and corn. Fry until lightly golden and tender, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, add the Mexican spice (to taste). Remove from the pan and season.

2. BEAN SALSA Return the pan to medium heat with a drizzle of oil. Add the beans and fry until crisping up, 4-5 minutes (shifting occasionally). Add the tomato salsa and a splash of water. Simmer until beans are coated and the sauce is heated through, 2-3 minutes. Remove from the heat and season.

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

4. TIME TO EAT Load the tortillas with the beans, cauli mixture, and the avocado slices. Top with the green leaves and garnish with jalapeños (to taste). Dig in, Chef!