



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!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Leopard's Leap | Pinotage

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Ingredients & Prep

1	Red Onion <i>½ peeled & finely diced</i>
120g	Black Beans <i>drained & rinsed</i>
15ml	Mexican Spice <i>(5ml NOMU Mexican Spice Blend & 10ml Nutritional Yeast)</i>
15g	Walnuts <i>roughly chopped</i>
5	Wheat Flour Tortillas
50g	Corn
45ml	Cashew Nut Cream Cheese
20ml	Jalapeño Relish
1	Avocado
1	Tomato <i>roughly diced</i>
4g	Fresh Coriander <i>rinsed & picked</i>
1	Lime <i>½ 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 ¾ of the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the drained beans, 50ml 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 set aside the half containing the pip for another meal. Scoop out the avocado flesh and cut into bite-sized chunks. Place in a bowl along with the diced tomatoes, the charred corn, ½ the picked coriander, the remaining onion, the juice of 1 lime wedge, 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