



UCOOK

Marvelous Mushie & Chickpea Tacos

with pickled pink radish & charred baby tomatoes

Who said vegans can't enjoy juicy "meaty" tacos? We think they can! Paprika spiced mushrooms are wrapped in warm tortillas and loaded with pickled radish, spring onions, guacamole, charred baby tomatoes and sprinklings of coriander.


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

1	Lime <i>½ zested & cut into wedges</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
80g	Baby Tomatoes <i>halved</i>
60g	Chickpeas <i>drained & rinsed</i>
80g	Guacamole
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
125g	Button Mushrooms <i>wiped clean & quartered</i>
10ml	Paprika
1	Garlic Clove <i>peeled & grated</i>
4	Corn Tortillas
20g	Green Leaves <i>rinsed & gently shredded</i>

From Your Kitchen

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

1. IN A PICKLE Preheat the oven to 200°C. In a bowl, add the juice of 1 lime wedge, lime zest, 5ml of oil and 1 tsp of a sweetener of choice. Mix until combined and the sweetener has dissolved. Toss through the sliced radish and white spring onion slices. Season to taste and set aside to pickle.

2. CHARRED TOMS Spread the halved baby tomatoes and the drained chickpeas on a roasting tray in a single layer. Coat in oil and seasoning. Roast in the oven for 15-20 minutes until blistered and beginning to burst, shifting halfway.

3. TANGY TOPPING In a bowl, combine the guacamole, the juice of 1 lime wedge, ½ the chopped coriander, and seasoning.

4. DO YOU GET OUT MUSH? Place a pan on a high heat with a drizzle of oil. When hot, add the quartered mushrooms and fry for 4–5 minutes until browned and starting to crisp, shifting occasionally. In the final minute, add the paprika and the grated garlic. On completion, remove from the pan and drain on paper towel.

5. TASTY TORTS Wipe down the pan and return it to a medium heat. When hot, toast the tortillas for 30 seconds per side until warmed and lightly crisped. Alternatively, stack on a plate with damp paper towel in between each and microwave for 30 seconds. Once heated, stack under a dry tea towel to stop them from getting cold or drying out.

6. TACO NIGHT Lay down the toasted tortillas. Layer with the shredded leaves and mushrooms. Top with charred tomatoes and chickpeas. Spoon over pickled radish, spring onion and dollops of guacamole. Garnish with the green spring onion slices, and the remaining chopped coriander. Generously squeeze over some lime juice. Wowzers, Chef!



Chef's Tip

Avoid overcrowding the pan when frying the mushrooms and cook them in batches if necessary. Mushrooms release water, so if there are too many in the pan, they could end up boiled instead of caramelised!

Nutritional Information

Per 100g

Energy	642kj
Energy	153Kcal
Protein	4.7g
Carbs	20g
of which sugars	2.3g
Fibre	3.5g
Fat	5.5g
of which saturated	1.5g
Sodium	242mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days