



QCOOK

Vegan Bean Tacos & Guacamole

with a jalapeño salsa

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Veggie: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	499kJ	3656kJ
Energy	119kcal	875kcal
Protein	3.5g	25.9g
Carbs	15g	112g
of which sugars	2.5g	18.2g
Fibre	4g	29.1g
Fat	4.2g	30.8g
of which saturated	0.7g	5g
Sodium	241mg	1765mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & finely dice ½ [1]</i>
10ml	20ml	Old Stone Mill Mexican Spice
50ml	100ml	Tomato Passata
120g	240g	Kidney Beans <i>drain & rinse</i>
3	6	Wheat Flour Tortillas
1	1	Tomato <i>rinse & roughly dice</i>
10g	20g	Sliced Pickled Jalapeños <i>drain</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>
1 unit	1 unit	Guacamole

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

1. SPICY BEANS Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 3-4 minutes (shifting occasionally). Add the Mexican spice and fry until fragrant, 1-2 minutes. Add the tomato passata and 100ml [200ml] of water. Simmer until thickening and not too saucy, 8-10 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 jalapenos, 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!