

QCOOK

Vegetarian fajitas

with sour cream

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Ethan Shahim

Nutritional Info

	Per 100g	Per Portion
Energy	759kj	3254kj
Energy	182kcal	778kcal
Protein	3.7g	16.1g
Carbs	18g	78g
of which sugars	1.6g	6.8g
Fibre	5.1g	22g
Fat	11g	47.3g
of which saturated	2.8g	12.1g
Sodium	196mg	839mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Avocados
180g	240g	Black Beans <i>drain</i>
45g	60g	Sliced Pickled Jalapeños <i>drain</i>
30ml	40ml	Lime Juice
6	8	Wheat Flour Tortilla
90ml	125ml	Sour Cream
8g	10g	Fresh Coriander <i>rinse, pick & shred</i>
30g	40g	Crispy Onion Bits

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **BEAN THERE, DONE THAT** Cut the avocado in half and scoop 1½ [2] of the flesh into a bowl. Add the beans, jalapeno (to taste), and lime juice. Mix to combine and season.

2. **FAB FAJITAS** Heat the tortilla in a microwave until softened, 15 seconds. Allow to cool slightly before assembling. Place a spoonful of the black bean filling onto the tortilla, dollop over the sour cream, and finish with coriander and crispy onion. Roll up your tortilla and dig in, Chef.