



U C O O K

— COOKING MADE EASY

Smoky Quinoa & Kidney Bean Tacos

with gluten-free butternut tortillas, baby tomatoes & fresh mint

It's Taco Night, and this texture-filled treat is gonna keep it upbeat! Our vegan "mince" is made from baked quinoa, tomato salsa, smoky spices, and beans — all jumbled with nutritional yeast for cheesy creaminess and bundled up in flavourful butternut tortillas.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 **Vegetarian**

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Ingredients & Prep

75ml	Red & White Quinoa
5ml	Vegetable Stock
150g	Baby Tomatoes <i>rinsed & quartered</i>
3g	Fresh Mint <i>rinsed, picked & finely sliced</i>
7.5ml	Nutritional Yeast
5ml	NOMU Mexican Spice Blend
1	Garlic Clove <i>peeled & grated</i>
50ml	Tomato Salsa
60g	Kidney Beans <i>drained & rinsed</i>
1	Spring Onion <i>finely sliced</i>
3	Gluten-Free Butternut Tortillas
1	Fresh Chilli <i>deseeded & finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil

1. GET THE QUINOA GOING Preheat the oven to 220°C. Rinse the quinoa and place in a pot with the stock. Submerge in 200ml of water and give a stir. Place over a medium-high heat and bring to a simmer uncovered. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

2. MARINATION STATION! Place half of the quartered baby tomatoes in a bowl. Add three-quarters of the sliced mint, a pinch of salt, and a drizzle of oil. Toss to coat and set aside to marinate until serving.

3. MEXI 'MINCE' When the quinoa is cooked, transfer to a tinfoil-lined baking tray. Stir through the nutritional yeast, the Mexican spice blend (to taste), and the grated garlic. Gently toss through the tomato salsa, the drained kidney beans, the remaining baby tomatoes, and three-quarters of the sliced spring onion. Add a generous drizzle of oil and some seasoning. Toss to coat and spread out in an even layer. Bake in the hot oven for 15-20 minutes, mixing at the halfway mark to ensure even cooking. On completion, the quinoa should be crispy and have a smoky aroma.

4. GLUTEN-FREE? YES PLEASE! When the baked quinoa has 5 minutes remaining, place a clean, dry pan over a medium-high heat. When hot, dry toast the tortillas one at a time for about 30 seconds per side until warmed through. Remove from the pan on completion and stack on a plate as you go to keep warm.

5. ASSEMBLE THE TACO TROOPS! Lay out the warm tortillas and pile the quinoa 'mince' in the centre. Cover with the minty tomatoes and sprinkle over the fresh, sliced chilli to taste. Garnish with the remaining spring onion and mint. Fold up and enjoy!



Chef's Tip

Kidney beans are a great source of fibre and plant-based protein. They're also high in B vitamins, manganese, and iron. Use them to bulk up salads, salsas, or stews for extra nutritional value.

Nutritional Information

Per 100g

Energy	591kJ
Energy	141Kcal
Protein	5.9g
Carbs	23g
of which sugars	3g
Fibre	5.9g
Fat	2g
of which saturated	0.8g
Sodium	406mg

Allergens

Allium, Sulphites

Cook
within 3
Days