



# UCCOOK

## Vegan Bean Tacos & Guacamole

with a jalapeño salsa

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 3 & 4

**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:

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Serves 3	[Serves 4]	
2	2	Onions <i>peel &amp; finely dice 1½ [2]</i>
30ml	40ml	Old Stone Mill Mexican Spice
150ml	200ml	Tomato Passata
360g	480g	Kidney Beans <i>drain &amp; rinse</i>
9	12	Wheat Flour Tortillas
2	2	Tomatoes <i>rinse &amp; roughly dice</i>
30g	40g	Sliced Pickled Jalapeños <i>drain</i>
60g	80g	Green Leaves <i>rinse &amp; roughly shred</i>
2 units	2 units	Guacamole

## From Your Kitchen

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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, 5-6 minutes (shifting occasionally). Add the Mexican spice and fry until fragrant, 1-2 minutes. Add the tomato passata and 300ml [400ml] of water. Simmer until thickening and not too saucy, 12-15 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!