



UCCOOK

Black Bean & Mushroom Tacos

with homemade guacamole & jalapeño relish

Spice up Taco Tuesday with these delicious corn tortillas, topped with golden mushrooms, black beans, avocado slices and a tasty jalapeño relish. Packed with flavour and done in oh-so-simple steps. What more could you want on a weeknight?

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

 Veggie

 Vergelegen | Florence Rosé

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

375g	Button Mushrooms <i>sliced into quarters</i>
2	Garlic Cloves <i>peeled & grated</i>
180g	Black Beans <i>drained & rinsed</i>
30ml	NOMU Spanish Rub
2	Avocados
45ml	Lemon Juice
12g	Fresh Coriander <i>rinsed & roughly chopped</i>
9	Corn Tortillas
60g	Salad Leaves <i>rinsed & roughly shredded</i>
60ml	Jalapeño Relish

From Your Kitchen

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

1. MOREISH MUSHIES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushroom quarters until golden, 6-7 minutes (shifting occasionally).

2. LOADED FILLING When the mushrooms are soft, add the grated garlic, the rinsed black beans, and the NOMU rub (to taste) to the pan. Fry until fragrant and the beans are warmed through, 3-4 minutes (shifting constantly). Remove from the pan and season.

3. SLICE & GUAC Halve the avocados and remove the pips. Peel off the skin, keeping the flesh intact, and thinly slice one of the avocados. Place the sliced avocado in a bowl with ½ the lemon juice and seasoning. Set aside. Place the remaining avocado flesh in a separate bowl. Add ½ the chopped coriander, the remaining lemon juice, seasoning, and a drizzle of oil. Mash with a potato masher or fork until combined into a rough mash. Loosen with a splash of water if necessary. Set aside.

4. TORTILLA PERFECT Place the tortillas on a microwavable plate and sprinkle with droplets of water. Heat in the microwave for 30 seconds. Alternatively, place a clean pan over a medium heat. When hot, dry toast the tortillas until lightly crisped, 15 seconds per side. You'll need to do this step in batches, stacking the heated ones under a dry tea towel as you go to stop them from drying out.

5. GET MUNCHING! Plate up tortillas and smear on the guacamole. Top with the loaded mushrooms, the shredded salad leaves, and the lemony avocado slices. Finish off with dollops of jalapeño relish (to taste) and sprinkle over the remaining coriander. Yummy, Chef!

Nutritional Information

Per 100g

Energy	548kJ
Energy	131kcal
Protein	3.8g
Carbs	16g
of which sugars	3g
Fibre	4.2g
Fat	6.1g
of which saturated	1.2g
Sodium	290mg

Allergens

Allium, Sulphites

Cook
within 3
Days