



UCOOK

Smoky Quinoa & Kidney Bean Tacos

with corn tacos, baby tomatoes & fresh chilli

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 bundled up in flavourful tortillas.


Hands-On Time: 40 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Tess Witney

 Vegetarian

 No paired wines

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

Ingredients & Prep

300ml	Red & White Quinoa
40ml	Vegetable Stock
600g	Baby Tomatoes <i>rinsed & quartered</i>
10g	Fresh Mint <i>rinsed, picked & finely sliced</i>
20ml	NOMU Mexican Spice Blend
4	Garlic Cloves <i>peeled & grated</i>
250ml	Tomato Salsa
240g	Kidney Beans <i>drained & rinsed</i>
4	Spring Onions <i>finely sliced</i>
16	Soft Shell Corn Tacos
125ml	Crème Fraîche
2	Fresh Chillies <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 800ml 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 ½ of the quartered baby tomatoes in a bowl. Add ¾ of the sliced mint, a pinch of salt, and a drizzle of oil. Toss to coat and set aside to marinate until serving.

3. QUINOA MINCE When the quinoa is cooked, transfer to a tinfoil-lined baking tray. Stir through 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 ¾ of the sliced spring onions. 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 25-30 minutes, mixing at the halfway mark to ensure even cooking. On completion, the quinoa should be crispy and have a smoky aroma.

4. TOAST TORTILLAS! 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. Loosen the crème fraîche a bit with a splash of water or milk and season to taste.

5. ASSEMBLE THE TACO TROOPS! Lay out the warm tortillas, smear some crème fraîche over each tortilla, 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, mint and a drizzle of any remaining crème fraîche. Fold up and enjoy!

Nutritional Information

Per 100g

Energy	692kJ
Energy	165Kcal
Protein	5.1g
Carbs	22g
of which sugars	1.9g
Fibre	3.8g
Fat	5.6g
of which saturated	2.5g
Sodium	428mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days