



UCOOK

Black Bean Tacos & Guacamole

with a jalapeño salsa

Let's make a dish that gives your guests something to taco 'bout, Chef! Toasted tortillas are filled with crispy greens, rich black beans smothered in a tomato passata sauce and spiced with NOMU Mexican Spice Blend. Topped with creamy guacamole and garnished with a jalapeño relish & tomato salsa.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Suné van Zyl

Veggie

Stettyn Wines | Stettyn Family Range Pinotage

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Ingredients & Prep

1	Onion <i>peel & finely dice ½</i>
10ml	NOMU Mexican Spice Blend
50ml	Tomato Passata
120g	Black Beans <i>drain & rinse</i>
3	Wheat Flour Tortillas
1	Tomato <i>rinse & roughly dice</i>
20ml	Jalapeño Relish
3g	Fresh Coriander <i>rinse, pick & finely chop</i>
20g	Green Leaves <i>rinse & roughly shred</i>
1 unit	Guacamole

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. SPICY BEANS Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 3-4 minutes (shifting occasionally). Add the NOMU spice blend and fry until fragrant, 1-2 minutes. Add the tomato passata and 100ml of water. Simmer until thickening and not too saucy, 8-10 minutes. In the final 3-4 minutes, add the rinsed 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 diced tomato, the jalapeno relish, the chopped coriander, a drizzle of olive oil and seasoning.

4. ASSEMBLE Lay down the tortillas and fill with the shredded leaves and the saucy spicy beans. Top with the guacamole and the jalapeno salsa. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	483kj
Energy	115kcal
Protein	3.2g
Carbs	16g
of which sugars	2.8g
Fibre	3.5g
Fat	4.2g
of which saturated	0.7g
Sodium	298mg

Allergens

Gluten, Allium, Wheat, Sulphites

Eat
Within
2 Days