



# UCOOK

## 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:** 30 minutes

**Overall Time:** 50 minutes

---

**Serves:** 4 People


---

**Chef:** Kate Gomba

---

 Veggie

---

 Vergelegen | Florence Rosé

---

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

## Ingredients & Prep

500g	Button Mushrooms <i>sliced into quarters</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
240g	Black Beans <i>drained &amp; rinsed</i>
40ml	NOMU Spanish Rub
2	Avocados
60ml	Lemon Juice
15g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>
12	Corn Tortillas
80g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
80ml	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  $\frac{1}{2}$  the lemon juice and seasoning. Set aside. Place the remaining avocado flesh in a separate bowl. Add  $\frac{1}{2}$  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