



# U C O O K

— COOKING MADE EASY

## Smoky Quinoa “Mince” Tacos

**with tomato salsa, kidney beans & fresh mint**

It's Taco Night, and this texture-filled treat is gonna keep it upbeat! Our smoky vegan “mince” is made from quinoa, tomato salsa, spices, and beans – all jumbled with nutritional yeast for some cheesy creaminess. With toppings of fresh mint, tomatoes, and spring onion.

---

**Hands-On Time:** 30 minutes

**Overall Time:** 55 minutes

---

**Serves:** 4 People

---

**Chef:** Tess Witney

---

 **Vegetarian**

---

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



## Ingredients & Prep

300ml	Red & White Quinoa
20ml	Vegetable Stock
600g	Baby Tomatoes <i>rinsed &amp; quartered</i>
10g	Fresh Mint <i>rinsed, picked &amp; finely sliced</i>
30ml	Nutritional Yeast
20ml	NOMU Mexican Spice Blend
4	Garlic Clove <i>peeled &amp; grated</i>
200ml	Tomato Salsa
240g	Kidney Beans <i>drained &amp; rinsed</i>
3	Spring Onion <i>finely sliced</i>
12	Soft Corn Tortillas
2	Fresh Chilli <i>deseeded &amp; finely sliced</i>

## From Your Kitchen

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

**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 it 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. SOME PREP** Place half of the quartered baby tomatoes in a bowl. Add three-quarters of the sliced mint, a pinch of salt, and a drizzle of oil. Toss to coat and set aside to marinate until serving.

**3. MEXI 'MINCE'** When the quinoa is cooked, transfer to a tinfoil-lined baking tray. Stir through the nutritional yeast, 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 three-quarters of the sliced spring onion. Add a generous drizzle of oil, toss to coat, and spread out evenly. Bake in the oven for 20-25 minutes, shifting halfway. On completion, the quinoa should be crispy and have a smoky aroma.

**4. TOAST THE TORTILLAS** When the baked quinoa has about 5 minutes remaining, place a pan over a medium heat. When hot, dry toast the tortillas in batches for 30-60 seconds per side until warmed through and lightly crisped. Remove from the pan on completion. As you go, stack the heated ones on a plate under a dry dishcloth. This keeps them warm and prevents them from drying out.

**5. ASSEMBLE!** Lay out the warm tortillas and pile the chunky 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 and fresh mint. What delish tacos, Chef!



## Chef's Tip

If you're feeling fancy, slice the spring onion into long, thin strips and place half of it in a bowl of ice water for a curly garnish.

## Nutritional Information

Per 100g

Energy	557kj
Energy	133Kcal
Protein	6g
Carbs	21g
of which sugars	3g
Fibre	4.2g
Fat	1.8g
of which saturated	0.1g
Sodium	321mg

## Allergens

Allium, Sulphites

Cook  
within 3  
Days