



Black bean fajitas

with avocado and Tofutti vegan sour cream



Fresh and flavoursome hand-made corn tortillas filled with a delicious black bean mix featuring our house-made, mildly-spiced Mexican seasoning and topped with avocado, pickled jalapenos, vegan sour cream and a squeeze of lime!

NO ADDED GLUTEN | *Spicy (mild)*



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot, large frying pan



Pantry items needed: olive oil, tomato paste, salt



Hands-on: 30-35 minutes
Ready in: 30-35 minutes



Serves: 2 or 4

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Red capsicum	150g	300g
Red onion	50g	100g
Garlic	8g	16g
Black beans	1 can	2 cans
Corn kernels	1 can	2 cans
Olive oil*	1 tbsp	2 tbsp
Mexican chilli spice mix	1 packet	1 packet
Tomato paste*	1 tbsp	2 tbsp
Water*	½ cup	1 cup
Salt*	¼ tsp	½ tsp
Vegetable stock cube	1 (half)	1
Avocado	160g (half)	160g
Pickled jalapenos	1 tub	1 tub
Lime	80g	160g
Corn tortillas	1 packet	2 packets
Vegan sour cream	1 tub	1 tub

* Pantry items

Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare vegetables

Dice **capsicum** and **onion**. Mince **garlic**. Drain and rinse **black beans**. Drain and rinse **corn kernels**.

2. Cook bean mixture

In a large pot over medium heat, add **olive oil***, **capsicum** and **onion** and cook, stirring regularly, for **4 minutes**. Add **garlic** and **Mexican chilli spice mix** and cook for **1 minute**. Add **black beans**, **tomato paste***, **water***, **salt*** and crumbled **stock cube** (**½ for serves** and **1 for 4 serves**), stir to combine, and cook, covered, stirring occasionally, for **3 minutes**. Using a potato masher, mash **beans** roughly. Fold through the **corn kernels** and continue cooking, uncovered, until almost all the liquid has absorbed, about **3 minutes**.

3. Prepare toppings

Dice **avocado** (**½ for 2 serves** and **1 for 4 serves**). Drain **jalapenos**. Slice **lime** into wedges.

4. Warm tortillas

(Tip 1) Heat a large frying pan over medium heat. When hot, place two **tortillas** into the pan so that they are not overlapping and heat for **30 seconds** on each side (tip 2). Keep **tortillas** warm by stacking on top of each other on a plate covered with foil.

5. Serve

Fill each **tortilla** with **bean** mixture, top with **avocado**, **jalapenos** and a dollop of **sour cream**. Serve with **lime wedges**. Alternatively, you can place all ingredients on the table and let people fill their **fajitas** themselves!

Cooking tips

1. If you have a gas stove, you can warm **tortillas** directly over a low open flame. Using heatproof tongs, place **tortilla** over flame and warm for about **5 seconds** on each side. Alternatively, you can also microwave each tortilla individually for 10-15 seconds.
2. The tortillas are done when they start to lift off the pan.

Eat your way
to healthy!



Black beans are a great source of fibre, protein and good carbs. They also contain several key vitamins and minerals, including vitamins A, B1, B3, B9 and K, calcium, manganese, magnesium, iron, phosphorus, potassium and zinc.

Black beans have been linked to health benefits such as reduced risk of heart disease and certain cancers, stronger bones, lower blood sugar levels, improved eye health, healthy digestion and weight control.

Nutritional information*

	Per 550g serve	Per 100g
Energy	2698kJ (645Cal)	491 kJ (117Cal)
Protein	19.1g	3.5g
Fat, total	26.6g	4.8g
- Saturated	11.6g	2.1g
Carbohydrate	70.0g	13.0g
- Sugars	8.0g	1.0g
Sodium	1293mg	235mg

* Nutritional information is based on averages