



Smokey BBQ bean tacos

with cheezy sauce



Make this dish within 5 days of receiving your meal kit



Cooking equipment: medium pot, small pot, large frying pan



Pantry items needed: olive oil, plant-based milk



Hands-on: 25-30 minutes
Ready in: 25-30 minutes



Serves: 2 or 4

These soul warming tacos are filled with deliciously rich and smoky BBQ black beans made with our house-made seasoning. Topped with fresh tomato and lettuce and our very own cashew-based cheezy sauce.

NO ADDED GLUTEN | HIGH PROTEIN

Before you start

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

Ingredients

	2 serves	4 serves
Brown onion	100g	200g
Garlic	6g	12g
Black beans	2 cans	4 cans
Tomato	100g	200g
Cos lettuce	60g	120g
Olive oil*	1 tbsp	2 tbsp
Smoky BBQ seasoning	1 tub	1 tub
Water*	½ cup	1 cup
Cheese sauce	1 tub	1 tub
Plant-based milk*	80ml	160ml
Corn tortillas	1 packet	2 packets

* Pantry items

Allergens and ingredients

Allergens: soy, cashew.

May contain traces of other allergens.

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

Instructions

1. Prepare vegetables

Finely dice **onion**. Mince **garlic**. Drain and rinse **black beans**. Finely dice **tomato**. Finely shred **lettuce**.

2. Cook BBQ beans

In a medium pot over medium heat, add **olive oil*** and **onion** and cook, stirring, until golden brown, about **4 minutes**. Add **garlic** and cook for **1 minute**. Stir in **smoky BBQ seasoning**, **water*** and **black beans** and cook, uncovered, stirring occasionally for **4 minutes**. Using a potato masher, roughly mash **beans** and allow to cook, stirring, for **2 minutes**.

3. Make cheezy sauce

In a small pot over medium heat, add **cheese sauce** and **plant-based milk*** and cook, stirring until combined and warm, about **2 minutes**. Remove from the heat and keep covered until ready to serve.

4. Warm tortillas

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, heat a large frying pan over high heat. When hot, place two **tortillas** into the pan so that they are not overlapping and heat until they start to lift slightly off the pan, about **15 seconds** on each side. Repeat until all **tortillas** have been heated. Keep **tortillas** warm by stacking on top of each other on a plate covered with foil.

5. Serve

To serve **smoky BBQ bean tacos**, serve **BBQ beans** into each **tortilla**, top with **cheese sauce**, **tomato** and **lettuce**.

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 560g serve	Per 100g
Energy	2542kJ (608Cal)	454kJ (109Cal)
Protein	27.2g	4.9g
Fat, total	10.8g	1.9g
- Saturated	1.7g	0.3g
Carbohydrate	84.0g	15.0g
- Sugars	8.0g	1.0g
Sodium	1036mg	185mg

* Nutritional information is based on averages