Thai tofu rice paper pockets

with crunchy vegetables and dipping 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 borlotti beans made with our house-made seasoning. Topped with fresh tomato and lettuce and our very own cashew-based cheezy sauce. It's the classic taco, reinvented.

NO ADDED GLUTEN | HIGH PROTEIN | CALORIE SMART | NUT FREE | Adventurous, Freezer friendly, Great for leftovers, Quick & easy, Spicy (mild/medium/hot), Naughty but nice

Before you start

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

Ingredients

	2 serves	4 serves
Brown onion	100g	200g
Garlic	8g	16g
Ginger	20g	40g
Potato	300g	600g
Cauliflower	200g	400g
Red lentils	1 packet	1 packet
Coriander	15g	30g
⅛ Vegetable oil*	1 tbsp	2 tbsp
⅓ Dahl spice mix	1 packet	1 packet
⅔ Diced tomatoes	1 can	2 cans
Water*	2 cups	4 cups
Vegetable stock cube	1	2
Coconut milk	1 carton	1 can
Baby spinach	50g	100g
Pappadums	1 packet	1 packet
Mango chutney	1 tub	1 tub

** Pantry items*

Allergens and ingredients

Allergens: gluten, wheat, soy, sesame, cashew.

May contain traces of other allergens.

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

Instructions

1. Prepare ingredients Cook rice potatoes

Finely dice **onion**. Mince **garlic**. Drain and rinse **borlotti beans**. Finely dice **tomato**. Finely shred **lettuce**. That's it.

2. Prepare ingredients Cook rice potatoes

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 **borlotti beans** and cook, uncovered, stirring occasionally for **4 minutes**. Using a potato masher, roughly mash **beans** and allow to cook, stirring, for **2 minutes**. That's it.

3. Make cheese

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. Cook muffins

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.** That's it.

Cooking tips

1. You can do this step quickly in a small blender/food processor or a mortar and pestle. Blend chilli, onion, soft inner part of lemongrass, garlic and ginger until they reach a smooth paste. If needed, add a touch of oil or water to help them blend.
2. Remove tough centre vein by slicing along both sides of the lime leaf stem.

Eat your way to healthy!



Lentils are a great source of protein and fibre, and an excellent source of B vitamins, iron, magnesium, potassium and zinc.

Lentils have been linked to various health benefits, including improved gut health, blood-pressure management, and lower risk of heart disease and type 2 diabetes.

Nutritional information*

	Per 875g serve	Per 100g
Energy	2412kJ (576Cal)	603kJ (144Cal)
Protein	18.6g	4.6g
Fat, total	24.8g	6.2g
- Saturated	3.8g	0.9g
Carbohydrate	121.0g	30.2g
- Sugars	11.4g	2.9g
Sodium	1140mg	285mg

** Nutritional information is based on averages*