



Bean and Cheese Baked Tacos

with salsa and smashed avocado

Veggie Quick Cook 20-25 mins

8



Tortilla



Grated Cheddar



Red Kidney Beans



Avocado



Tomato



Onion



Scallion



Lime



Mexican Style Spice Mix



Ketchup

Pantry Items: Salt, Pepper, Oil, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Oven Dish, Sieve

Ingredients

	2P	4P
Tortilla	8 units	16 units
Grated Cheddar	50 g	100 g
Red Kidney Beans	2 packs	4 packs
Avocado	1 unit	2 units
Tomato	1 unit	2 units
Onion	1 unit	2 units
Scallion	1 unit	2 units
Lime	1 unit	2 units
Mexican Style Spice Mix	2 sachets	4 sachets
Ketchup	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	774.5 g	100 g
Energy (kJ/kcal)	4251.2 kJ/ 1016.1 kcal	548.9 kJ/ 131.2 kcal
Fat (g)	36.8 g	4.7 g
Sat. Fat (g)	13.9 g	1.8 g
Carbohydrate (g)	122.8 g	15.9 g
Sugars (g)	13.1 g	1.7 g
Protein (g)	44.1 g	5.7 g
Salt (g)	3.7 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.

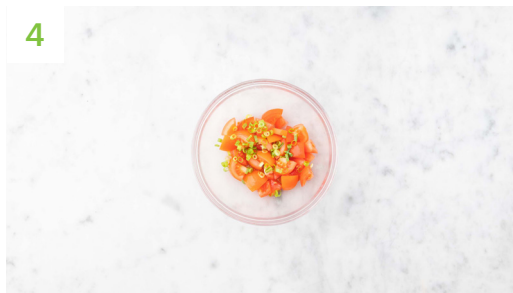


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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and chop the **onion** into small pieces.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Add the **onion** to the pan and fry until softened, stirring occasionally, 4-5 mins.



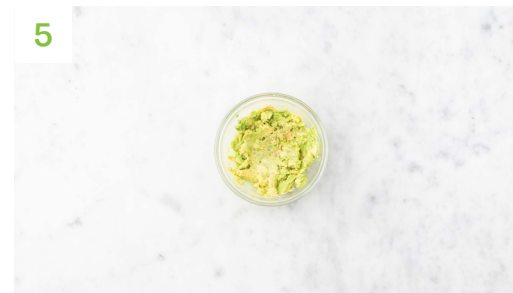
Make the Salsa

- Cut the **tomato** into 2cm chunks.
- Quarter the **lime**.
- Trim and thinly slice the **scallion**.
- Mix the **tomato** and **scallion** in a bowl then season to taste with **salt, pepper** and **lime** juice.



Mash the Beans

- Meanwhile, drain and rinse the **kidney beans** in a sieve.
- Use a fork or **potato** masher to mash the **beans** coarsely in a bowl.
- Add the **Mexican style spice mix** to the pan and fry for 1 min.
- Add the mashed **beans, ketchup** and a splash of **water**.
- Mix together and allow to warm through. Season to taste with **salt** and **pepper**.



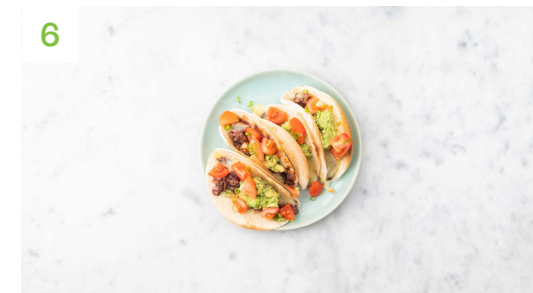
Smash the Avo

- Halve the **avocado**.
- Use a spoon to scoop out the flesh into a bowl.
- Roughly mash with a fork.
- Season to taste with **salt, pepper** and **lime** juice.



Bake the Tacos

- Lay the **tortillas** on a board, spoon an even amount of the **bean** filling down the centre of each, then fold in **half**.
- Drizzle a little **oil** into the bottom of an ovenproof dish then lay in the tacos, still folded (pack them snugly together with the open side facing up).
- Top each taco with **grated cheese**.
- Bake on the top shelf of your oven until golden, 8-10 mins.



Finish and Serve

- Once cooked, remove the tacos from the oven (still in the oven dish) and allow everyone to help themselves.
- Spoon salsa and smashed **avocado** on top.
- Finish with a squeeze of **lime** juice.

Enjoy!