



Product Spotlight: Avocado

Did you know that avocado is a fruit?
Just 1/3 of an avocado contains 20 different vitamins and minerals! It is the only fruit to contain heart healthy monounsaturated fat...good fat!



Baked Bean Taquitos

With Guacamole and Salsa

These wraps are small, but they are mighty! A perfect family-friendly option for a meat-free dinner, packed with baked beans, baked with melty cheese and served with guacamole and fresh salsa.



30 minutes



2 servings



Vegetarian

Bulk it up!

Add fried or scrambled eggs to the filling or sautéed mushrooms.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	53g	110g

FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
BAKED BEANS	400g
SHREDDED CHEDDAR CHEESE	1 packet
WRAPS	8-pack
AVOCADO	1
TOMATO	1
LEBANESE CUCUMBER	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, white wine vinegar

KEY UTENSILS

large frypan, oven dish

NOTES

Add extra flavour to the beans with ground cumin, dried oregano and dried chilli flakes.

Check at 10 minutes to ensure wraps aren't burning on the edges. If they are, turn the oven tray for the final cooking time.

No gluten option – wraps are replaced with corn tortillas. Warm tortillas in a frypan and fill with bean filling and cheese to use as tacos.



Scan the QR code to
submit a Google review!



1. SAUTÉ THE ONION

Set oven to 220°C.

Dice **onion** and grate **zucchini**. Heat a large frypan over medium-high heat with **oil**. Add onion and zucchini, sauté for 5 minutes until softened.



4. MAKE THE GUACAMOLE

Add roughly chopped **avocado** to a bowl. Use a fork or potato masher to mash to desired consistency. Season to taste with **salt and pepper**.



2. COOK THE FILLING

Add **1 1/2 tsp paprika** (see notes) and **baked beans** to frypan. Cook for 5-8 minutes to reduce. Remove from heat and season to taste with **salt and pepper**.



5. PREPARE THE SALSA

Dice **tomato** and **cucumber**. Add to a bowl along with **1 tsp vinegar**. Season with **salt and pepper**. Toss to combine.



3. FILL & BAKE THE TAQUITOS

Sprinkle **cheese** in the middle of each **wrap**. Evenly divide filling among wraps and tightly roll up. Place taquitos, seam side down, in a lined oven dish. Bake for 10-15 minutes until golden and cheese is melted (see notes).



6. FINISH AND SERVE

Serve taquitos tableside along with guacamole, salsa and any leftover filling.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

