



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	157g

FROM YOUR BOX

WRAPS	6-pack
BROWN ONION	1
ZUCCHINI	1
BAKED BEANS	400g
SHREDDED CHEDDAR CHEESE	1 packet
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

Keep wraps warm in a clean towel.

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

No gluten option – wraps are replaced with corn tortillas.



1. WARM THE WRAPS

Set oven to 220°C.

Heat a large frypan (see notes) over medium-high heat. Add wraps to dry frypan, in batches, and cook for 1 minute each side to warm. Keep pan over heat for step 2.



2. COOK THE FILLING

Dice onion and grate zucchini. Add to pan with **oil** and sauté for 5 minutes until onion is softened. Add **1 1/2 tsp paprika** (see notes) and baked beans. Cook for a further 5-8 minutes to reduce. Season to taste with **salt and pepper**.



3. FILL & BAKE THE TAQUITOS

Sprinkle cheese in the middle of each wrap. Add 2 tbsp filling 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.



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**.



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.



6. FINISH AND SERVE

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



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