



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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

 4/6 servings

 Vegetarian

## Bulk it up!

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

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	44g	39g	86g/92g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
ZUCCHINI	1	1
BAKED BEANS	2 x 400g	3 x 400g
WRAPS	8-pack	2 x 8-pack
SHREDDED CHEDDAR	1 packet	2 packets
AVOCADOS	2	3
TOMATOES	2	3
LEBANESE CUCUMBERS	2	3

## 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.



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### 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.



### 2. COOK THE FILLING

Add **2-3 tsp smoked 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**.

**6P** – use **1 tbsp smoked paprika**.



### 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).



### 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 **2 tsp vinegar**. Season with **salt and pepper**. Toss to combine.

**6P** – use **1 tbsp vinegar**.



### 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

