



Crunchy Black Bean Tacos

with Sour Cream

Black beans cooked with Mexican spices, stuffed into crunchy tacos shells with fresh lettuce, avocado, tomato and a drizzle of lime sour cream.



30 minutes



Vegetarian



2 servings

FROM YOUR BOX

TINNED BLACK BEANS	400g
BROWN ONION	1
BABY COS LETTUCE	1
AVOCADO	1
TOMATO	1
SOUR CREAM	1 tub
LIME	1
TACO SHELLS	12-pack

FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika, ground cumin, tomato paste

NOTES

You can blend the sour cream with fresh coriander, spring onions or stir through some hot sauce for a difference in flavour.

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1. COOK THE BLACK BEANS

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil**. Slice **onion** and crush **garlic**, add to pan as you go. Cook for 5 minutes until softened. Add drained **black beans**, **1/2 tbsp smoked paprika**, **1 tbsp cumin**, **2 tbsp tomato paste** and **1 cup water**. Simmer semi-covered, for 5 minutes, stirring occasionally.

6P – us 1 tbsp smoked paprika and 1 1/2 tbsp ground cumin for the beans.

TIP

You can use a pre-made Mexican spice mix. Add some dried oregano or a pinch of cayenne pepper for depth of flavour. You can substitute the tomato paste and water for a tin of chopped tomatoes to simmer the beans.

2. PREPARE THE FILLINGS

Thinly shred **lettuce**. Slice **avocado** and dice **tomato**. Add **sour cream** to a bowl along with **lime zest** (wedge lime) and **1 tbsp water**, mix to combine (see notes).

TIP

Sliced cucumber, radishes or fresh chopped coriander can be added for toppings. Mash the avocado with 1/2 the lime juice to make a quick guacamole if preferred.

3. WARM THE TACO SHELLS

Toast the **taco shells** in the oven for 5 minutes until crispy.

4. FINISH AND SERVE

Build **tacos** and divide among plates, or take to the table for everyone to build their own!

TIP

Add any fun toppings you may have in the fridge. Pickled onions, jalapeños and grated cheese can all be added as well as any hot sauce you may have on hand.

This recipe has simplified instructions to help lower your meal cost.