



SPICY MIXED BEAN TACOS

Prep. time 10 minutes | Cooking 20 minutes | Serves 2

Serve up a taste of Mexico with our family favourite, Spicy Mixed Bean Tacos.

Ingredients

For the filling

1 tablespoon olive oil
1 onion, diced
2 cloves garlic
2 teaspoons smoked paprika
1 teaspoon Cajun spice
Pinch of chilli flakes
1 courgette, diced
½ pepper, diced
150g mushrooms, thinly sliced
1 x can mixed beans, drained
150ml passata
Mixed herbs, black pepper and salt to taste



Extras

6 tacos
75g Bute Island Cheddar Style with Jalapenos & Chilli, grated
Spring onions
Sliced chillies

Cooking Method

Get making!

First heat the oil in a large non-stick pan and cook the onion and garlic for 10 minutes to soften.

Add the paprika, Cajun and chilli flakes and cook for a few minutes longer to coat, then stir in the other vegetables. Continue cooking for 5 minutes.

Throw in the beans, passata, herbs and seasoning and simmer for 10-15 minutes until the veggies have softened and the sauce has thickened.

Preheat the oven to 180 degrees C. Arrange the taco shells in an ovenproof dish (stacked tightly so they stay upright) and bake for a few minutes to crispen.

Remove from the oven and spoon in some of the filling in each. Scatter over the grated Sheese and return to the oven for 4-5 minutes until the Sheese has melted.

Sprinkle over the spring onions and chillies, then dish up!