

Spicy Bean and Chorizo Tacos



Serves: 2

Allergens: Milk, Eggs, Gluten, Beans

Ingredients

Lime - 1 whole

Smoked paprika - 1 tbsp

Mayo - 45ml

Vegetable stock cube - 1 whole, *mixed into 140ml stock*

Spring onion - 1 whole

Cherry tomatoes - 125g

Garlic - 1 clove

Sweetcorn - 198g can

White tortilla wraps - 6

British chorizo - 100g, *diced*

Soy sauce - 15ml

Panko breadcrumbs - 30g

Cayenne pepper - half

Equipment

Frying Pan x2

Grater

Chopping Board

Knife

Non Stick Tray



Step 1:

Preheat the oven to 200*c/180 fan then drain and rinse the black beans. Heat a large wide based pan over a medium heat, once hot drizzle in the veg oil. Add the smoked paprika and the cayenne pepper for one minute.

Step 2:

Add the drained beans and 140ml vegetable stock. Bring the pan to a boil, then reduce to a medium heat and cook for 8-10 minutes.

Step 3:

Meanwhile, heat a second wide based pan and drizzle with oil, once hot add the diced chorizo and cook for 4-5 minutes until it starts to crisp and release its golden oil. Once crisp, add the panko breadcrumbs and cook for a further 2 minutes - this is the chorizo crumb.

Step 4:

While the chorizo is cooking drain the sweetcorn and cut the lime into wedges. Chop the cherry tomatoes roughly, trim and finely slice the spring onion, then peel and very finely grate the garlic.

Step 5:

Combine half the chopped garlic with the mayo, a pinch of salt and a splash of cold water - this is your garlic mayo. Combine the drained sweetcorn, chopped tomatoes, spring onion and the juice of half the lime, plus a generous pinch of salt & pepper and a drizzle of olive oil - this is the salsa.

Step 6:

Add the tortilla wraps to a baking tray and cook for 2-3 minutes until warm.

Step 7:

Once the black beans are beginning to break down, remove from the heat and mash them to a smooth paste. Add a large knob of butter and the soy sauce - these are your refried beans.

Step 8:

Top each warmed tortilla with the refried beans, corn salsa and chorizo crumb. Drizzle with garlic mayo and garnish with the remaining lime wedges.