



# Black Bean and Mushroom Tacos

with Roasted Sweet Potatoes, Guacamole and Pepitas

Veggie 30 Minutes



Black Beans



Sweet Potato



Mushrooms



Enchilada Spice Blend



Garlic Powder



Tomato Sauce Base



Cilantro



White Wine Vinegar



Green Cabbage, shredded



Guacamole



Flour Tortillas



Pepitas

HELLO PEPITAS

Also known as pumpkin seeds, they add extra crunch to salads, bowls and even tacos!

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, medium bowl, measuring spoons, strainer, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Sweet Potato	340 g	680 g
Mushrooms	113 g	227 g
Enchilada Spice Blend	2 tbsp	4 tbsp
Garlic Powder	1 tsp	2 tsp
Tomato Sauce Base	2 tbsp	4 tbsp
Cilantro	7 g	14 g
White Wine Vinegar	1 tbsp	2 tbsp
Green Cabbage, shredded	113 g	226 g
Guacamole	6 tbsp	12 tbsp
Flour Tortillas	6	12
Pepitas	28 g	56 g
Sugar*	¾ tsp	1 ½ tsp
Oil*		

Salt and Pepper\*

\* Pantry items

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## Roast sweet potatoes

Cut **sweet potatoes** into ½-inch pieces. Add **sweet potatoes, half the garlic powder** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until tender and golden, 18-20 min.



## Cook beans

Add **beans, remaining garlic powder, 3 tbsp bean liquid** and **¼ tsp sugar** (dbl both for 4 ppl) to the pan with **mushrooms**. Cook, stirring occasionally, until **beans** are warmed through and **sauce** thickens slightly, coating **beans**, 4-5 min. (**NOTE:** If the pan gets too dry, add 1 tbsp bean liquid at a time.) Season with **salt** and **pepper**, to taste.



## Prep and dress cabbage

Meanwhile, thinly slice **mushrooms**. Finely chop **cilantro**. Using a strainer, drain and rinse **black beans**, reserving **bean liquid**. Add **vinegar, ½ tbsp oil** and **½ tsp sugar** (dbl both for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, to taste, then whisk to combine. Add **cabbage** and **cilantro**. Toss to combine.



## Warm tortillas

Meanwhile, wrap **tortillas** in paper towels. Microwave until **tortillas** are warm and flexible, 1 min. (**TIP:** You can skip this step if you don't want to warm the tortillas!)



## Cook mushrooms

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **mushrooms**. Cook, stirring occasionally, until softened, 4-5 min. Add **tomato sauce base** and **Enchilada Spice Blend**. Cook, stirring often, until fragrant, 1 min.



## Finish and serve

Divide **cabbage** and **mushroom and bean filling** between **tortillas**. Top with **roasted sweet potatoes** and **pepitas**. Dollop **guacamole** over top. Drizzle **any remaining dressing** from the medium bowl over **tacos**, if desired.

## Dinner Solved!