



AUG  
2016

## Smoky Black Bean & Caramelized Sweet Potato Tacos

with Blistered Corn and Avocado-Lime Crema

This spicy-sweet taco filling can stand toe-to-toe with the best of them. Caramelized onion, sweet potato, and blistered corn are tossed with honey, chili flakes, and lime for the flavour trifecta. A cool avocado crema makes for the ultimate taco condiment.



Prep  
30 min



level 2



veggie



gluten  
free



Sweet Potato



Avocado



Onion



Cumin



Chili Flakes



Garlic



Corn



Black Beans



Lime



Honey



Cilantro




Corn Tortillas



Sour Cream

## Ingredients

|  | 2 People          | 4 People       |
|--|-------------------|----------------|
| Sweet Potato, cubed  | 1 pkg (340 g)     | 2 pkg (680 g)  |
| Avocado  | 1                 | 2              |
| Onion, finely chopped  | 1 pkg (113 g)     | 2 pkg (227 g)  |
| Cumin  | 1 pkg (1 tsp)     | 2 pkg (2 tsp)  |
| Chili Flakes  | 1 pkg (1 tsp)     | 1 pkg (1 tsp)  |
| Garlic   | 2 cloves          | 4 cloves       |
| Corn on the cob  | 1                 | 2              |
| Black Beans  | ½ can             | 1 can          |
| Lime   | 1                 | 2              |
| Honey  | 1 pkg (1 tbsp)    | 2 pkg (2 tbsp) |
| Cilantro   | 1 pkg (7 g)       | 2 pkg (14 g)   |
| Corn Tortillas 6-in  | 6                 | 12             |
| Sour Cream   | 1) 1 pkg (3 tbsp) | 2 pkg (6 tbsp) |
| Olive or Canola Oil*   |                   |                |

\*Not Included

## Allergens

1) Milk/Lait

## Tools

Large Pan, Baking Sheet, Peeler, Small Bowl, Zester, Strainer, Foil, Measuring Spoons

**Nutrition per person** Calories: 764 cal | Carbs: 106 g | Fat: 31 g | Protein: 18 g | Fiber: 23 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

0 in ¼ in ½ in ¾ in 1 in

2



**1 Preheat your oven to 400°F. Start prepping when your oven comes up to temperature!**

3



**2 Roast the sweet potatoes:** Toss the **sweet potatoes** on a baking sheet with a drizzle of **oil**. Roast in the centre of oven, stirring halfway through, until soft and slightly caramelized, 20-25 mins.

**3 Prep: Wash and dry all produce.** Coarsely chop the **cilantro**. Mince or grate the **garlic**. Zest, then juice the **lime**. Drain and rinse the **black beans** (**DO:** measure out.) Carefully slice a 2-cm a piece off the larger end of the **corn** to create a flat edge. Stand the corn on your cutting board, and carefully slice the kernels off the cob by running your knife down the length of the cob.

4



**4 Start the filling:** Heat a large pan over medium heat. Add a drizzle of **oil**, then the **onion** and **garlic**. Cook, stirring, until softened and slightly caramelized, for 3-4 mins. Add the **beans**, **corn**, **honey**, **cumin**, **half the lime juice** and a pinch of **chili flakes**. Set aside.

**5 Make the avocado-lime crema:** Halve and pit the **avocado**. Thinly slice **half the avocado**. Scoop the **remaining half avocado** into a small bowl. Add the **sour cream**, **lime zest** and **remaining lime juice**. Mash everything together with a fork. Season with **salt** and **pepper**.

**6** Wrap the **tortillas** in tin foil and place in the oven to warm for 5 mins.

5



**7 Finish the filling:** Add the **roasted sweet potatoes** to the filling. Stir until mixture is warmed through, 1-2 mins. Season with **salt** and **pepper**.

**8 Finish and Serve:** Fill the warm **tortillas** with the **sweet potato filling**, **avocado slices**, **crema**, and **cilantro**. Enjoy!

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