

Tasty Tacos!

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Total Time: 35

(Vegetarian)

Serves 4

1 Tbsp vegetable oil
3 garlic cloves, chopped
3 x 400g cans black beans, drained and rinsed
3 Tbsp cider vinegar
1 ½ Tbsp honey
1 ½ Tbsp smoked paprika
1 1.2 Tbsp ground cumin

Guacamole

1 small garlic clove
2 Tbsp roughly chopped coriander
1 green chilli, sliced (optional)
2 avocados, halved and stoned
Juice of 1 lime

Salsa

4 medium tomatoes, chopped
1 green chilli, finely chopped (optional)
1 small white onion, finely diced
Small handful of fresh coriander

To serve

8 – 12 corn or flour tortillas
Grated cheese
Chipotle or other hot sauce (optional)
Soured cream or coconut yoghurt



1. In a large frying pan, heat the oil and add the garlic. Fry until golden, then add the beans. Pour in the cider vinegar, honey and spices along with 1 tsp or more of salt, to taste. Cook until warmed through, crushing gently with the back of your wooden spoon, then set aside.
2. The best way to make the guacamole is with a large stone pestle and mortar, but you can use a medium bowl and a flat-ended rolling pin instead. Crush the garlic, coriander and chilli into a rough paste. Scoop in the avocado with a little salt and crush roughly – you want it chunky, not smooth. Squeeze in the lime juice and set aside.
3. Mix the salsa ingredients in a small bowl. Heat a griddle pan or steamer and quickly griddle the tortillas or steam a stack of them to warm up. Reheat the bean mixture.
4. To serve, put 1-2 heaped tbsp of beans on a tortilla. Top with a big spoonful of guacamole, some salsa, cheese, hot sauce and a dollop of soured cream or yogurt.

For all recipes, a minimum of close supervision is suggested. It is suggested that teacher/parent peels, chops and grates. Please be careful when using all cooking equipment, including ovens.