



VEGETARIAN TAQUITOS

WITH CUMIN & PAPRIKA SOUR CREAM

DIFFICULTY: Easy | SERVES: 4 | READY IN: 45 minutes

These baked vegetarian taquitos are a delicious way to satisfy a craving for Mexican (or Tex Mex!) food. They're easy to make and stuffed full of beans, corn, capsicum and cheese. Yum!



TAQUITOS

- 2 ears corn
- 1 red capsicum
- 1 brown onion
- 2 cloves garlic
- 1 tsp olive oil
- 2 Tbsp tomato paste
- 1 tsp ground cumin
- 1 tsp paprika
- 400g can chilli beans (14oz)
- 1/4 cup lite sour cream (60ml)
- 12 mini tortillas
- 1 cup grated tasty cheddar cheese (100g)

- Cooking oil spray

TO SERVE

- 100g salad greens (3.5oz)
- 1 large handful fresh coriander *optional*
- 200g cherry tomatoes (7oz)
- 1 large avocado
- 1/2 cup lite sour cream (125ml)
- 1 Tbsp cold water
- 1/2 tsp ground cumin
- 1/4 tsp paprika

1. Preheat oven to 180°C (360°F) fan bake and line a large oven tray with baking paper.
2. **MAKE TAQUITOS**
Microwave corn in the husks for 4 minutes. Finely dice capsicum and onion. Crush garlic. Carefully run a knife down the edges of the corn to remove the kernels.
3. Heat oil in a large frying pan on medium-high. Sauté corn, capsicum, onion and garlic for about 5 minutes, until capsicum and onion are soft. Stir in tomato paste, cumin and paprika. Cook for 1 minute. Stir in chilli beans and simmer for 2 minutes. Mix in sour cream, season to taste with salt and pepper, then remove from heat.
4. Microwave tortillas for 30 seconds, until soft. Spoon 1/12 of the bean mixture onto a tortilla. Sprinkle cheese on top and roll up tightly to enclose. Place on prepared tray, seam side down. Repeat with remaining tortillas, filling and cheese. Spray taquitos with cooking oil and bake for 10-15 minutes, until golden brown and crisp around the edges.
5. **PREPARE SERVING INGREDIENTS**
While taquitos bake, roughly chop salad greens and coriander, if using. Cut tomatoes into quarters. Mash avocado and season with a little salt and pepper. Whisk together sour cream, water, cumin and paprika and season to taste with salt and pepper.
6. **SERVE**
Arrange salad greens on serving plates. Top with taquitos. Add a dollop of avocado and sprinkle tomatoes over the top. Drizzle on the sour cream, top with coriander and serve.



WINE MATCH: A Sangiovese.

VEGETARIAN TAQUITOS RECIPE NOTES

GLUTEN-FREE OPTION: Make sure chilli beans are gluten-free. Choose gluten-free flour or corn tortillas.

INGREDIENT SWAPS / NOTES: Choose mild, medium or hot chilli beans depending on your level of spice preference. If you can't find a 12 pack of mini tortillas, go for a 10 pack and reduce corn to 1 ear (otherwise you will have too much filling).

STORING AND REHEATING: Refrigerate taquitos separate from serving ingredients. Taquitos are best reheated in a frying pan or oven, for nice crispy edges. You can reheat in the microwave, but they will be quite soft. Add salad just before serving.