



READY TO COOK
BY HARRIS FARM

VEGETERIAN RAINBOW TACOS



PREP
25 min



COOK
15 min



SERVES
4

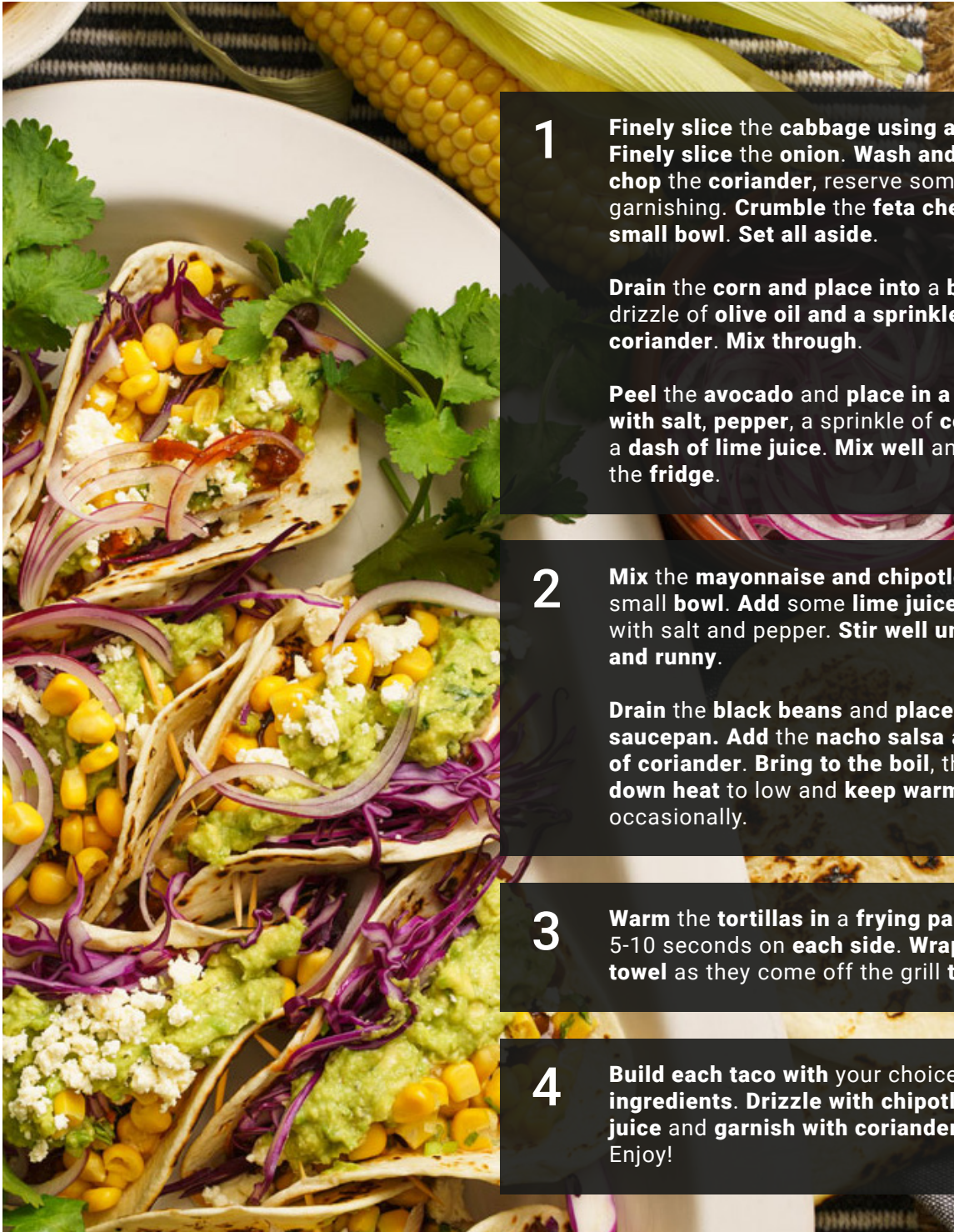
INGREDIENTS:

- > ¼ Red Cabbage
- > ½ Spanish Onion
- > ½ Coriander Bunch
- > 1 Avocado
- > 350g Sweet Corn
- > 400g Black Beans
- > 150g Feta Cheese
- > 100g Chipotles in Adobo
- > 6 Tbsp Mayonnaise
- > 640g Tortillas (x20)
- > 1 Lime

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1 Finely slice the **cabbage** using a mandolin. Finely slice the **onion**. Wash and finely chop the **coriander**, reserve some leaves for garnishing. **Crumble** the **feta cheese** into a small bowl. **Set all aside**.

Drain the corn and place into a bowl. Add a drizzle of **olive oil** and a **sprinkle of chopped coriander**. **Mix through**.

Peel the avocado and **place in a bowl**. Season with **salt, pepper**, a sprinkle of **coriander** and a **dash of lime juice**. **Mix well** and **set aside in the fridge**.

2 Mix the **mayonnaise** and **chipotle sauce** in a small bowl. Add some **lime juice** and season with **salt and pepper**. **Stir well until smooth and runny**.

Drain the black beans and place in a small **saucepan**. Add the **nacho salsa** and a **sprinkle of coriander**. **Bring to the boil**, then **turn down heat to low** and **keep warm**, stirring occasionally.

3 Warm the **tortillas** in a **frying pan** or grill for 5-10 seconds on **each side**. **Wrap in a dry towel** as they come off the grill to **keep warm**.

4 Build each **taco** with your choice of **ingredients**. **Drizzle with chipotle mayo**, **lime juice** and **garnish with coriander leaves**. **Enjoy!**

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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