

Spiced Bean Tacos (Vegan)

Serves 2

Prep time: 45 minutes

Cooking time: 15minutes

Ingredients

1 tin of mixed beans
25g fresh coriander roughly chopped
1 avocado diced
20g pomegranate seeds
2 tomatoes diced
1 green pepper, diced
1 onion, diced
1 clove of garlic, diced
1 sweet potato diced
1tsp ground coriander
1 spring onion, thinly chopped
10g pine seeds, toasted
Squeeze of fresh lemon
3-4 soft tacos
Suölo Reduced Sodium Sea Salt, Black Pepper & Chilli to taste

Method

1. Pan fry the green pepper, onion, garlic, sweet potato on a high heat until coloured then turn the heat down and add the ground coriander and cook until soft.
2. Add the tomatoes and mixed beans and gently heat and season to taste with **Suölo Reduced Sodium Sea Salt, Black Pepper & Chilli**.
3. Gently toast the soft tacos in a pan or on a grill 10-20 seconds each side.
4. To serve, put the bean mix onto the tacos and garnish with pomegranate seeds, fresh coriander, diced avocado, pine seeds and a squeeze of fresh lemon.