

TASTE WITHOUT WASTE

Vegetarian Taquitos

Serves 4 – 6.

Ingredients

2 tsp sunflower oil
1 onion, finely chopped
1 large clove garlic, crushed
1/4 tsp chilli powder
1/4 tsp paprika
1/4 tsp dried oregano
1/4 tsp ground cumin
2 tbsp tomato paste
3 field mushrooms, stalks removed and thinly sliced
2 cups baby spinach leaves, roughly chopped
1 tomato, grated
400g can kidney beans, drained and rinsed. Mash half of the beans with a fork.
Sea salt and freshly ground black pepper
1 cup vegetable stock
1 cup grated cheese – vintage cheddar or gouda work well
Handful fresh coriander leaves
6 wholemeal 8-inch tortillas
Avocado/tomato/salsa/sour cream/aioli etc. to serve

Method

Preheat oven to 200C. Lightly grease a baking tray (must have inch or so deep sides).

Heat the oil in a saucepan or large, deep frying pan over a medium heat. Add the onion and cook for about 5 minutes or until starting to go see-through and soft, stirring regularly.

Add the garlic, spices and oregano and cook for a minute, stirring constantly. Now add the tomato paste and cook for a further minute to caramelise.

Throw in the mushrooms, spinach, grated tomato and beans (both whole and mashed). Cook, stirring regularly, for ten minutes or until the mushrooms have released their juices. Taste and season with salt and pepper accordingly. Remove from the heat.

Meanwhile bring the stock to a gentle simmer in a 20cm frying pan.

Use tongs (or fingers if you find it easier) to briefly dip a tortilla into the stock. Allow the excess to drip off (you don't want them soggy, just moist) and place on a chopping board. Spoon a heaped quarter cup of the bean mixture down the centre of the tortilla and top with about a tablespoon of grated cheese and a sprinkling of fresh coriander leaves. Roll the tortilla tightly and place seam down in the baking tray. Repeat with the remaining five tortillas.

Sprinkle the tortillas lightly with sea salt for an extra crunch.

Bake for about fifteen minutes or until the edges of the taquitos are beginning to crisp up and turn golden brown. Use a spatula to carefully transfer the taquitos to plates.

Garnish with toppings of choice.

Source: A Taste Without Waste original. Inspired by [The Curvy Carrot](http://TheCurvyCarrot.com).

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