



VEGAN TACO LETTUCE BOWLS

Check out these vibrant vegan Mexican salad bowls. This quick and easy recipe is super fresh and has just the right amount of spice and zing - ready in 20 minutes.

 20 minutes

 8 portions

INGREDIENTS

- 1.5 cups of beans, black, mature seeds, raw [291 g]
- 1/2 cup, chopped of onions, raw [80 g]
- 1 cup, chopped or sliced of tomatoes, red, ripe, raw, year round average [180 g]
- 1 fruit, without skin and seed of avocados, raw, California [136 g]
- 1 cup, chopped of peppers, sweet, red, raw [149 g]
- 1/4 cup, chopped or diced of peppers, hot chili, red, raw [38 g]
- 1 unit [2" dia] of limes, raw [67 g]
- 1/4 cup of coriander (cilantro) leaves, raw [4 g]
- 8 large leaves of lettuce, butterhead [includes boston and bibb types], raw [120 g]

COOKING METHOD

- STEP 1 Heat the oven to 400F. Turn a large muffin tin upside down and spray lightly with oil. Push a tortilla into the gaps between the muffin holes, to make a bowl shape. Repeat with the remaining tortillas and bake for 8-10 minutes or until crisp and brown at the edges. Transfer to a wire rack to cool. STEP 2 Put the beans, red onion, tomatoes, avocado, red pepper, and chilli in a large bowl and toss with the lime juice and zest, olive oil and some sea salt flakes. Tear in the coriander, and toss lightly again. STEP 3 Spoon between the tortilla bowls and serve

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [133 g]	% DRI
ENERGY	129 kcal	172 kcal	9 %
FAT	2 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	5 mg	7 mg	0 %
CARBOHYDRATE	22 g	29 g	10 %
SUGARS	2 g	3 g	—
FIBER	6 g	8 g	32 %
PROTEIN	7 g	9 g	—