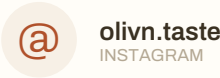


TACOS · VEGETARIAN · DINNER · MEXICAN · BEANS · QUICK

Charred Corn & Black Bean Tacos



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INSTAGRAM

Charred corn, smoky black beans and avocado tacos finished with tangy lime crema.

PREP 25 min	COOK 20 min	SERVES 4	LEVEL Medium
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Ingredients

17 ITEMS

Corn tortillas	12	Sweetcorn	3 ears
Olive oil	1 tbsp	Black Beans	400 g
Ground cumin	1 tsp	Smoked paprika	0.5 tsp
Fine sea salt	0.5 tsp	Avocado	1
Red onion	0.5	Red wine vinegar	3 tbsp
Caster sugar	1 tsp	Sour Cream	120 g
Limes	2	Garlic clove	1 clove
Fresh coriander leaves	15 g	Feta	60 g
Water	2 tbsp		

Method

6 STEPS

- 1 Toss the red onion with the red wine vinegar, caster sugar and a pinch of fine sea salt. Set aside to pickle while you prepare the filling.
- 2 Rub the sweetcorn with the olive oil. Char it in a hot dry skillet for 8 to 10 minutes, turning until browned in patches. Cool slightly, then slice the kernels from the cobs.
- 3 Add the black beans, ground cumin, smoked paprika, fine sea salt and water to the skillet. Cook for 4 minutes, gently crushing a few beans, then fold in the charred corn.

- 4 Mix the sour cream with the zest and juice of 1 lime, the garlic clove and a pinch of fine sea salt. Cut the second lime into wedges.
- 5 Warm the corn tortillas in the skillet until soft and lightly toasted. Fill each with the corn and bean mixture, avocado, drained pickled onion and feta.
- 6 Drizzle with the lime crema, scatter over the fresh coriander leaves and serve with the lime wedges.