

Spicy Refried Bean Tacos with Mexican Corn Bread

Linda McCartney

Feeds 4-6

Ingredients

Spicy Refried Bean Tacos

230g canned refried beans
2 medium tomatoes, chopped small
1 tbs olive oil
1 medium onion, chopped
1-2 tsp hot chilli sauce or to taste
4 taco shells, warmed as per instructions on pack
Grated cheddar cheese (optional)
For garnish:
Sliced avocado
Sour cream optional
Shredded lettuce
squeeze of lime or lemon juice

Mexican Corn Bread

1 free-range egg
2 tbsp olive oil
1-2 tbsp chopped fresh hot chilli pepper
230g tin sweet corn, drained, or 2-3 fresh ears of corn, kernels cut off
110g crème fraiche or sour cream
230g yellow cornmeal
1 tsp sea salt
1 tsp baking powder
460g grated cheese

Method

Spicy Refried Bean Tacos

Crisp taco shells are filled with a spicy tomato and bean mixture, shredded lettuce, and grated cheese, and topped with sliced avocado and sour cream. (Vegans can omit the cheese and sour cream).

In a large frying pan gently fry the onions in 2 tbs olive oil for 4-5 minutes, stirring frequently. Stir in the refried beans. Add the chopped tomato. Fry till heated through. Season to taste with chilli sauce and a little salt if desired. Half-fill the warm taco shells with the mixture and top with shredded cheese and shredded lettuce (you can put the lettuce at the bottom of the shell if you prefer). Garnish with a slice or two of avocado and a dollop of sour cream.

Mexican Corn Bread

Spicy and deliciously cheesy! Serve it warm from the oven, or reheat slices in the microwave for 30 seconds (this will retain its tender crumb and moistness)

Beat the egg with the oil until blended. Add the chilli pepper. Stir in the corn, crème fraiche, cornmeal, salt, baking powder, and all but 110g of the cheese. Pour into a 20cm square pan. Sprinkle the remaining cheese over the top. Bake in a preheated 180 degree C oven for 40 minutes. Let cool slightly in the pan, than un-mold and serve warm.

Stripping Corn Kernels off the Cob

Remove the outer leaves or husks and all silk from the corn. Holding the corn cob upright with the flat end firmly on a board, run a sharp knife down the length between the kernels and the cob to strip the kernels away.

