

# ROASTED CAULIFLOWER AND BLACK BEAN TACOS

HEALTHY

VEGETARIAN



Makes 10



Prep Time 20 minutes



Cook Time 25 minutes



Easy As



## INGREDIENTS

- ½ cauliflower (500g), trimmed and cut into small florets
- 15 cherry tomatoes, halved
- 1 red onion, sliced
- 1 tsp Gregg's Smoked Paprika
- ¼ tsp Gregg's Cayenne Pepper

## METHOD

1. Preheat the oven to 190C (fan assisted). Toss the cauliflower florets, tomatoes and red onion in **Gregg's Smoked Paprika**, **Gregg's Cayenne Pepper** and olive oil. Place on a baking tray lined with

- 1 Tbsp olive oil
- 400 g can **Wattie's Black Beans in Springwater**
- 1 large ripe avocado
- Juice from ½ lime
- 10 mini sized soft tortillas
- 175 g pottle **Just Hummus Garlic and Lemon**
- 1 ½ cup thinly sliced red cabbage

baking paper. Roast vegetables for 20-25 minutes, until the cauliflower is tender. Remove and transfer to a bowl.

2. Gently heat **Wattie's Black Beans in Springwater**, in the microwave or on the stove top. Drain well. Add to the roasted cauliflower mix.
3. Mash the avocado. Add lime juice. Season with salt and black pepper.
4. To assemble: spread a tortilla with **Just Hummus Garlic and Lemon**. Fill with thinly sliced red cabbage, black beans and roasted vegetable mix. Add a dollop of mashed avocado. Roll Taco to enclose filling. Repeat with remaining tortillas and filling.

## TIPS

- Replace hummus for **Wattie's Burger Chipotle Sauce** if wished (however the meal will sit outside of our healthy pick criteria).
- Use Gregg's chipotle instead of smoked paprika and cayenne pepper instead.

## SWAP IT OUT

- Substitute **Wattie's Chickpeas in Springwater** for the black beans if wished.