

ULTIMATE VEG TACOS*

SERVES 4

These tacos are a feast for the eyes! We love the combination of colours, textures and flavours – it has everything you could wish for in a meal. The simple salsa and avocado tang also works really well as a side with lots of dishes and salads.

FOR THE ROASTED PEPPERS

1 red onion
2 orange peppers
1 tbsp olive oil
salt and black pepper

FOR THE ROASTED CORN

1 x 200g tin sweetcorn in water (no added salt)
½ tsp smoked paprika
½ tbsp olive oil

FOR THE BANGIN' BLACK BEANS

2 garlic cloves
1 x 400g tin black beans in water
1 tbsp olive oil
½ tsp ground cinnamon
½ tsp ground cumin

FOR THE SIMPLE SALSA

50g cherry tomatoes
1 spring onion
5g fresh coriander leaves
¼ tsp chilli powder
½ lime

FOR THE AVO' TANG

1 ripe avocado
1 lime

TO SERVE

½ fresh green chilli
2 limes
8 small corn tortillas
10g fresh coriander leaves

PREHEAT OVEN TO 180°C | LINE 2 BAKING TRAYS WITH PARCHMENT PAPER | FINE GRATER OR MICROPLANE | SMALL SAUCEPAN

First, roast the peppers | Peel, halve and cut the red onion into 5mm-thick strips | Halve, core and cut the peppers into 5mm-thick slices | Put the onion and pepper in a bowl, drizzle over the olive oil, add a pinch each of salt and pepper and toss to combine | Spread out on one of the lined baking trays, put in the oven and bake for 25-30 minutes

Get the roasted corn in the oven | Drain and rinse the sweetcorn, pat dry with kitchen paper, then tip the kernels into a bowl with the smoked paprika and stir to combine | Sprinkle over a little salt and pepper, tip the sweetcorn onto the second baking tray, put the tray in the oven and roast for 30 minutes, stirring halfway through | Take both trays out of the oven, drizzle the corn with the oil and set to one side

Meanwhile, make the black beans | Peel and grate the garlic | Drain and rinse the beans, tip them into a bowl and mash with a fork | Heat the olive oil in the small saucepan over a medium heat | Add the garlic and stir for 30 seconds | Stir in the cinnamon and cumin | Add the black beans and stir to combine, adding the water to loosen the mixture | Taste and season to perfection with salt and pepper

Make the simple salsa | Quarter the tomatoes | Trim and thinly slice the spring onion | Roughly chop the coriander leaves | Put the chilli powder in a bowl, squeeze in the lime juice and stir | Stir in the tomatoes, spring onion and coriander leaves, and set to one side

Make the avo' tang | Halve and carefully stone the avocado by tapping the stone firmly with the heel of a knife so that it lodges in the pit, then twist and remove | Halve the lime | Scoop the avocado flesh into a bowl, squeeze in the lime juice and mash with a fork to a textured cream

Lay all the elements of your Ultimate Veg Tacos on the table | Trim and thinly slice the chilli | Cut the limes into wedges | Spoon a layer of beans and roasted pepper and onion onto each tortilla | Spoon over some avo' tang and simple salsa | Sprinkle with roasted corn, garnish with coriander leaves and chilli, add a squeeze of lime and serve

*BOSH! Healthy Vegan by Henry Firth and Ian Theasby is published 26th December (HQ, HarperCollins). Food photography is Lizzie Mayson.

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