



Vegan Black Bean, Charred Butternut Squash and Avocado Salsa Tacos

Makes: 4-6

Prep time: 20 minutes

Cook time: 30 minutes

Ingredients:

1 butternut squash, peeled, seeds removed and cut into ½ inch slices

1 chilli, sliced (seeds removed if you like)

Corn tacos, to serve

Extra lime wedges, to serve

Hot sauce, to serve

For the salsa:

2 avocados, peeled and diced

1 onion, peeled and finely diced

1-2 tablespoons lime juice

Handful coriander leaves and stalks, finely chopped

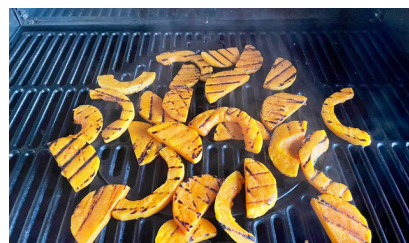
2 tablespoons olive oil

All the elements of a great taco come into play here: a creaminess from the beans, freshness and bite from the avocado salsa and sweetness from the charred butternut squash.

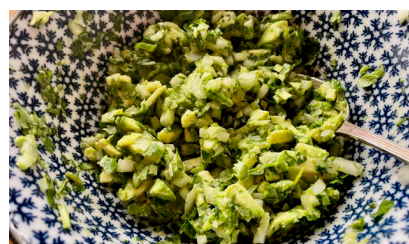
Method:



1. Heat a splash of oil in a frying pan and add the garlic. Cook for a couple of minutes over low heat, then add the black beans, spices and vinegar. Cook the beans for a few minutes to warm them through, crushing them a little with a fork. Season with salt and set aside.



2. Toss the squash slices with a little oil to coat, and grill for 5-10 minutes on each side, or until tender and charred.



3. Combine all the salsa ingredients and season with salt. Set aside.

4. Once the squash is tender, remove it and dice then set aside.

For the beans:

1 x 400g can black beans, drained

2 cloves garlic, crushed or finely grated

¼ teaspoon ground cumin

¼ teaspoon ground coriander

½ teaspoon paprika or chilli powder

1 tablespoon cider vinegar

Large pinch caster sugar

**Method Continued:**

5. Serve the diced squash with the avocado salsa, beans, tacos and lime wedges. Sprinkle each taco with some chilli to serve (and hot sauce if you like it spicy!).