



# Tacos with pecan and tahini

## Ingredients

### For the Tacos

- 1 tbsp pecans, toasted and roughly chopped  
(Toast in a dry frying pan over medium heat for 5 minutes, stirring often.)
- ½ can black beans or kidney beans, drained and rinsed
- ½ red bell pepper, cored and diced
- ¼ red onion, finely diced
- ½ garlic clove, crushed
- ¼ avocado, diced
- 100g (3.5 oz) cherry tomatoes, halved
- 32g (⅛ cup) sweetcorn, drained and rinsed
- Juice of ¼ lime
- ¼ tsp chilli powder
- ½ tsp ground cumin
- ¼ tsp black pepper
- ¼ tsp salt
- Small handful fresh coriander, roughly chopped
- 1 handful vegan cheese, grated (optional)

- 2 mini corn or wheat tortillas (use gluten-free if needed)

## For the Quick Tahini Sauce

- $\frac{1}{4}$  garlic clove, crushed
- 1 tbsp lemon juice
- 1 tsp tahini
- 1 tsp olive oil
- 1 tsp water
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- $\frac{1}{4}$  tsp maple or agave syrup

## Instructions

- Prepare the Pecans & Veggies
- Toast the pecans in a dry pan over medium heat for about 5 minutes, stirring frequently until fragrant.
- While they toast, chop all vegetables and prepare the tahini sauce.
- Make the Filling
- In a large bowl, combine the beans, veggies, lime juice, spices, herbs, and pecans.
- Add vegan cheese if using, and mix well.
- Mix the Tahini Sauce
- In a small jug or bowl, whisk together all tahini sauce ingredients until smooth and creamy.

## **Assemble the Tacos**

- Warm the tortillas slightly if desired.
- Spoon the filling evenly onto each wrap.
- Drizzle generously with tahini sauce.
- Serve immediately and enjoy fresh!