



Mushroom tacos



Prep: 30 mins
Cook: 30 mins



Easy



Serves 4



Ingredients

For the taco wraps

250g gram (chickpea) flour

2 tbsp fine cornmeal, optional

½ tsp rapeseed oil

For the cashew cream

100g cashew nuts, unroasted

2 tbsp lime juice

20g coriander

For the mushrooms

1 tbsp rapeseed oil

4 large flat mushrooms, about 400g, thickly sliced

2 large garlic cloves, finely grated

1 tsp cumin seeds

1 tsp hot chilli powder

1 tsp ground coriander

400g pinto beans, drained and liquid reserved

2 tsp tomato purée

4 tomatoes, cut into wedges

4 handfuls of shredded lettuce

Method

Step 1 Sift the gram flour and cornmeal into a bowl and make a well in the centre. Gradually whisk in 400ml water, to make a smooth thick batter. Set aside.

Step 2 For the cashew cream, put the cashews in a bowl with 100ml boiling water, the lime juice and half the coriander, then blitz with a hand blender until smooth and creamy. Add 1 tbsp more water if needed, to loosen.

Step 3 For the mushrooms, heat the oil in a large non-stick pan. Stir in the mushrooms and garlic, then put the lid on the pan for about 5 mins so they start to steam in their own juices. Stir with the lid off the pan for a few mins more until softened, stirring occasionally. Add the cumin seeds, chilli powder and ground coriander, then stir in the pinto beans and tomato purée. Cook for 2-3 mins, adding a splash of the reserved bean liquid to loosen. Add the tomatoes and cook for a few minutes until softened, but not completely broken down. Stir in the remaining coriander and set aside, covered.

Step 4 Heat the oil for the tacos in a 20cm non-stick frying pan. For one taco, add 4 tbsp of the batter and swirl to cover the base. Cook for 1-2 mins on each side, until browning in spots. Make another three tacos in the same way, keeping the cooked ones warm in a low oven. Cover and chill the rest of the batter for another day, or cook all eight tacos, if you prefer. *The batter will keep chilled for up to three days.*

Step 5 Fill four hot tacos with half the shredded lettuce, half the cashew cream and half the mushrooms. Cover and chill the rest for another day. *Will keep chilled for up to three days. Reheat the mushrooms in the microwave and make four wraps using the remaining batter, or heat the cooked ones in a dry frying pan over a medium heat until warmed through.*