

INGREDIENTS

2 packs Garden Gourmet Vegan Nuggets (20 pieces)

8 Mexican taco shells

1 jar of Mexican chunky salsa (around 250 g)

1 small can of kidney beans (approx. 200 g)

1 small can of corn (approx. 125 g)

75 g mixed lettuce

1 red bell pepper

2 large avocados

1 tomato

1 garlic clove

1 lime

2 tbsp vegan mayonnaise

2 tbsp vegan yogurt

1 to 2 tbsp Mexican taco spice mix

a small bunch of coriander

salt

pepper



Looking for an easy family meal? Try these delightful Mexican tacos with Garden Gourmet Vegan Nuggets, served with kidney bean salad and guacamole. Refreshing, crunchy, flavorful - all in one delicious bite!

PREPARATION

1. Make guacamole

Halve the avocados, remove the pit, peel the flesh (or scoop it out with a spoon) and mash. Cut the tomato (without seeds) into small cubes, finely chop the garlic and toss it through. Season generously with lime juice and some salt and pepper.

2. Make kidney bean salad

Mix the drained kidney beans, corn and diced bell pepper into a salad. Add some lime juice to taste and if necessary add a little salt and pepper as well. Put the taco shells together in a deep bowl for easy filling.

3. Make taco sauce and bake nuggets

Mix the taco seasoning with the mayonnaise and yogurt. Place some lettuce in the shells and add some salsa on top of it. Bake the Garden Gourmet nuggets according to the instructions on the package until golden brown and crispy.

4. Assemble your taco, and enjoy the crunch!

Fill each taco with 2 nuggets and drizzle some extra salsa and taco sauce on top. Garnish with fresh coriander. Serve the kidney bean salad and guacamole on the side.

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CULINARY TIP

Leftover taco shells and nuggets

This recipe makes a total of eight tacos, which is two tacos per person, but you will most likely have some nuggets and shells left to fill two more shells!