

MARLEY SPOON



Roasted Broccoli Tacos

with Refried Black Beans & Cilantro



30-40min



2 Servings

There are few things we love more than a taco, especially one with as many textures and flavors as this vegan roasted broccoli version. Creamy refried black beans loaded with aromatic onions, garlic, and taco spice act as a base for roasted broccoli florets. Then, for an elegant finishing touch, crispy, crunchy spiced pumpkin seeds, chopped onions, and bright and herby cilantro garnish these vegetarian tacos.

What we send

- ½ lb broccoli
- garlic
- 1 yellow onion
- ¼ oz fresh cilantro
- 4 oz green enchilada sauce^{1,2}
- 6 (6-inch) corn tortillas
- 2 (¼ oz) taco seasoning
- 15 oz can black beans
- 1 oz pumpkin seeds

What you need

- neutral oil
- kosher salt & ground pepper
- white wine vinegar

Tools

- rimmed baking sheet
- large skillet

Allergens

Soy (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 28g, Carbs 100g, Protein 27g



1. Prep Ingredients

Preheat oven to 450°F with a rack in the lower third. Cut **broccoli** into 1-inch florets, if necessary. Finely chop **1 teaspoon garlic**. Finely chop **onion**. Finely chop **cilantro leaves**, discarding stems.



4. Prepare black beans

In same skillet, heat **1 tablespoon oil** over medium-high. Add **¾ of the onion** and cook until softened, 2-3 minutes. Add **garlic** and **1 teaspoon taco seasoning** and cook until fragrant, about 1 minute. Add **beans and their liquid** and cook until beans are warmed through and sauce begins to thicken, 2-3 minutes. Mash **beans** with a fork. Season to taste. Remove skillet from heat.



2. Roast broccoli

Transfer **broccoli** to a rimmed baking sheet and toss with **1 tablespoon oil** and **a pinch each of salt and pepper**. Roast on lower oven rack until tender and browned in spots, about 15 minutes. Once roasted, add **broccoli** to a medium bowl with **enchilada sauce** and **1 tablespoon vinegar**; toss to coat. Cover to keep warm. Reserve baking sheet.



5. Roast pumpkin seeds

To reserved baking sheet, add **pumpkin seeds** and toss with **1 teaspoon each of taco seasoning and olive oil** and **a pinch of salt**. Spread into an even layer and roast until lightly golden and fragrant, 2-3 minutes.



3. Heat tortillas

Meanwhile, heat a large skillet over high. Add **1 tortilla** at a time and cook until warm and lightly golden, about 30 seconds per side. Wrap in a clean kitchen towel or foil as you go to keep warm. Reserve skillet.



6. Serve

Divide **black beans** and **broccoli** among **tortillas**. Top with **pumpkin seeds**, **remaining onion**, and **cilantro**. Enjoy!