



Daal Beet Tacos with Fresh Corn and Cotija

Prep time: 35 Cook Time: 20 Servings: 12

Combo/Fusion, Indian, Entrees, Better For You, Smart Hearty Grains, Casual Dining, Catering, Fine Dining, FSR/QSR, Plant-Based Preferences, Global Tacos

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
6" Smart Hearty Grains™ Tortilla	47086		24 Each
Beet Daal		warm, see related recipe	6 cup
Cotija cheese		crumbled	1 1/2 cup
Corn		fresh, cut from the cob	3 cup
Dukkah		see related recipe	1/4 cup
cilantro		chopped	As Needed

Instructions

1. To make one taco, scoop ¼ cup Beet Daal onto a 6" Mission® Hearty Grains™ Ultra Tortilla and top with 1 tbsp. cotija, 2 tbsp. corn, ½ tsp. Dukkah, and cilantro. Serve two per order.



Beet Daal

Prep time: 30 Cook Time: 35 Servings: 12

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Beets, peeled, small dice			3/4 Lbs.
Onion		medium dice	1/2 Lbs.
Garlic		peeled, minced	1 Oz.
vegetable oil			As Needed
Coriander		ground	4 tsp.
Cumin		ground	2 tsp.
Star Anise			2 Each
Cinnamon		ground	1 tsp.
Nutmeg		ground	1/4 tsp.
Chicken Stock		or Vegetable Stock	1 Qts.
Black Beluga Lentils			3/4 Lbs.

Instructions

1. Saute beets, onion, and garlic until onion has softened. Add spices and cook an additional minute. Add stock and lentils and bring to a simmer. Simmer, uncovered for 20 minutes, or until mixture has reduced and lentils and beets have softened. Remove star anise and hold hot for service.



Dukkah

Prep time: Cook Time: 5 Servings: 12

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Walnuts		chopped, toasted	1/2 cup
Peppercorns		toasted, ground	1 tsp.
Cumin Seed		toasted, ground	1 Tbsp.
Coriander Seed		toasted, ground	1 Tbsp.
Nutmeg		ground	1/4 tsp.

Instructions

1. Combine all ingredients in a food processor and pulse until coarsely ground.

