



Jerk aubergine tacos Free Recipe 31032025

Description

Recipe

Jerk aubergine tacos

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A [Shopping List](#)

Fruit and vegetables

2 large [aubergines](#), pricked all over with a fork

2 [limes](#), juice only

1 large [onion](#), thinly sliced

1 [red onion](#), thinly sliced

Tins, packets and jars

1 x 400g/14oz tin [black beans](#), drained

1–3 heaped tbsp [jerk seasoning](#) paste (to taste)

Cooking ingredients

salt and ground [black pepper](#)

1 tbsp [olive oil](#)

large pinch [sea salt](#)

Dairy, eggs and chilled


[guacamole](#)

Other

corn or wheat [flour tortillas](#)

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>
[Book Novotel Hotel](#)

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1. Jerk aubergine tacos

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