

Jerk aubergine tacos Free Recipe 31032025

Description

Recipe Jerk aubergine tacos

Banzai Japan MV

watermark F140 $https://www.youtube.com/watch?v=k_vQsyC_F1A\\ \underline{Shopping\ List}$

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

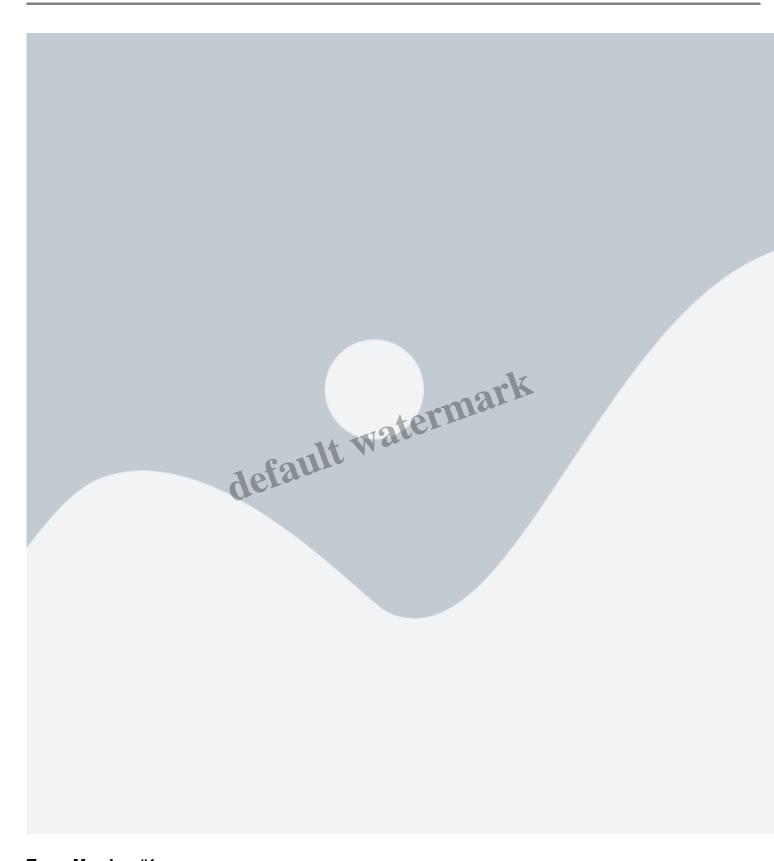
Dairy, eggs and chilled

guacamole

Other

corn or wheat flour tortillas

https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9
Book Novotel Hotel



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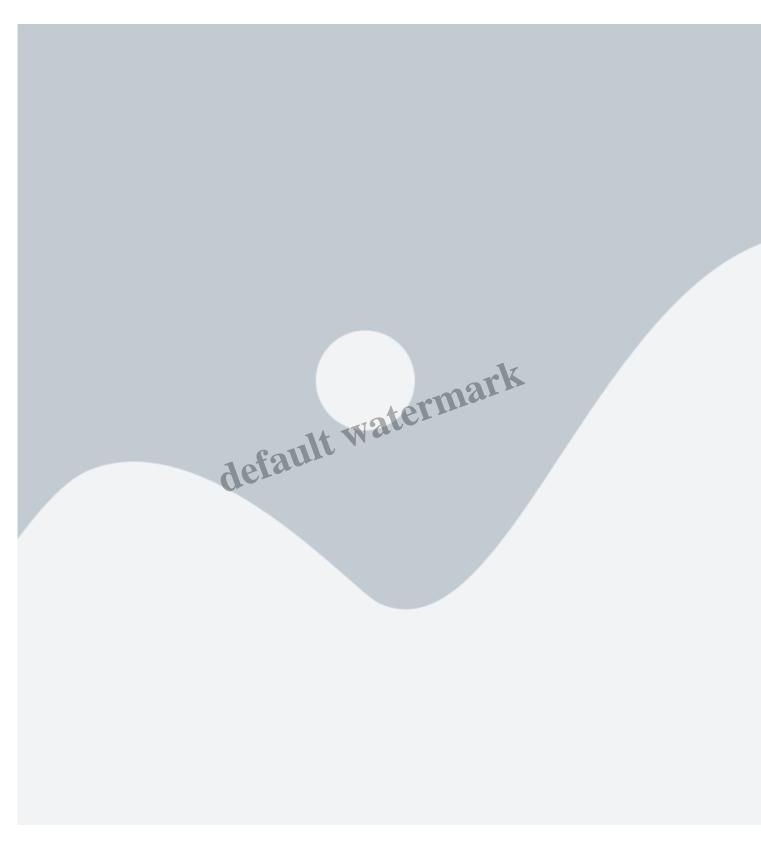


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