






Cooking Made Easy

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Chipotle Corn on the Cob with Homemade Refried Beans

This dish is all about sumptuous, scrumptious textures that crunch, melt and zing in your mouth. While flavour is our first love, this dish is an ode to texture – the buttery smoothness of our ripe avocados, our crisp red and yellow peppers and especially our juicy corn on the cob. Bringing these together in a spicy little dish is easy – so off you go!



35 min



spicy



gluten free



healthy



veggie



Yellow Pepper



Red Pepper



Coriander



Red Onion



Hard Italian Cheese



Organic Mixed Beans



Corn on the Cob



Habanero Sauce



Cumin



Tomato Purée



Chipotle Paste



Lime



Avocado

Ingredients

	2P	4P
Yellow Pepper, sliced	1	2
Red Pepper, sliced	½	1
Coriander, chopped	3 tbsp	5 tbsp
Red Onion, chopped	1	2
Hard Italian Cheese 1	2 tbsp	4 tbsp
Organic Mixed Beans	1 tin	2 tins
Corn on the Cob	2	4
Habanero Sauce 2	1 sachet	2 sachets
Cumin	1 tsp	2 tsp
Tomato Purée 2	1 tbsp	2 tbsp
Chipotle Paste	1 tsp	2 tsp
Lime	½	1
Avocado	1	2

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | 2) Sulphites

Nutrition per serving: Calories: 559 kcal | Protein: 26 g | Carbs: 70 g | Fat: 18 g | Saturated Fat: 4 g



1 Boil a large pot of water for your corn and pre-heat the oven to 220 degrees. Remove the core from the peppers and cut them into chunky slices. Chop up your coriander and finely chop your red onion. Lastly, drain and rinse your mixed beans.



2 Remove the husks from the corn and place them in the gently boiling water with ¼ tsp of salt for 7 mins. Afterwards, drain the corn and leave it to the side for later.



3 Whilst the corn cooks, coat your peppers in a teaspoon of olive oil and a good pinch of salt and pepper. Put them in the oven on the top shelf for 20 mins, or until they're soft and a little crispy around the edges.



4 Cook your red onion in a non-stick pan on medium-low heat with a tablespoon of olive oil. After 5 mins add in the mixed beans, habanero sauce, cumin, tomato purée, 5 tbsp of water, ¼ tsp of salt and a pinch of pepper. Cook with a lid for on for 15 mins.

5 Coat the corn in the chipotle paste, the zest and juice of half the lime and a dash of olive oil. Then roll the corn in the grated hard Italian cheese to coat it. Turn your grill to

high heat and move your peppers to the middle shelf. Put the corn directly under the grill and cook it until it's nicely browned off.

6 Now to make your refried beans! Take out two thirds of the beans and mash them up to a paste using the back of a fork. Now mix the remaining whole beans into the paste with half of your chopped coriander. Check for seasoning and add some salt if necessary. Voila, they're done!

7 Cut lengthways into the avocado and when you reach the stone, turn your knife around it to cut the avocado into two, neat halves. Pull the avocado apart, remove the stone and then slide a knife around the flesh to release it. Now slice the flesh lengthways.

8 To serve, simply place the corn on top of your refried beans. Mix your roasted peppers with the avocado and the remaining coriander and serve this on the side. ¡Andale!