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Beef and Corn Tortillas with Crunchy Pepper and Crème Fraîche

The sauce for this recipe is flavoured with Mexican chipotle, made by taking ripe jalapeño chillies and smoking them for several days until they're dry. It takes around 5kg of chillies to produce just ½ kilo of chipotle, so it's potent stuff! As tasty as it is quick, this recipe is a sure-fire body booster!



25 mins



spicy



Red Onion



Red Pepper



Organic Black Beans



Organic Sweetcorn



Beef Mince



Tomato Purée



Chipotle Paste



Wholemeal Tortillas




Lime



Crème Fraîche

Ingredients

	2P	4P
Red Onion, chopped	1	2
Red Pepper, chopped	1	2
Organic Black Beans	1 tin	2 tins
Organic Sweetcorn	½ tin	1 tin
Beef Mince	250g	500g
Tomato Purée	2 tbsp	4 tbsp
Chipotle Paste	1 tsp	2 tsp
Wholemeal Tortillas 1	4	8
Lime	½	1
Crème Fraîche 2	½ small pot	1 small pot

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

Allergens

1) Gluten | 2) Milk

Nutrition per serving: Calories: 1153 kcal | Protein: 55 g | Carbs: 137 g | Fat: 44 g | Saturated Fat: 20 g



1 Peel and finely chop your red onion. Keep 1 tbsp of red onion to the side for garnish. Remove the core from the pepper and chop into tiny squares (less than 1cm). Drain and thoroughly rinse your black beans and sweetcorn.

rinsed black beans and sweetcorn into the meat. Toss for a minute and then turn off the heat.



2 Heat 1 tbsp of olive oil in a frying pan on medium heat. Cook the onion and all but 1 tbsp of the red pepper. Season with a good pinch of salt and pepper.

6 Stir the remaining raw red pepper through the mixture. Squeeze over the juice of half the lime. **Tip:** *Rolling the lime firmly between your hand and the chopping board before you cut it in half, means you'll get more juice out of it.*



3 In a separate frying pan, heat 2 tsp of oil on high heat. Once hot, add in the beef and break it up with a wooden spoon. Season with salt and pepper and cook until all the meat is brown. **Tip:** *Cook in batches if you only have a small pan for better browning.*

7 Portion your Mexican mixture on the soft tortillas, roll up and serve with a dollop of crème fraîche on the side, sprinkled with a bit of your red onion.



4 Add the beef into the onion mixture along with the tomato purée. Add in the chipotle paste. **Tip:** *The amount you add depends on how spicy you like things!* **Tip:** *Add a couple of tbsp of water if needed to loosen up the sauce.*

5 Put the tortillas in the oven at 100 degrees for a few mins to warm up. Stir the drained and

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