



Chipotle Black Bean Enchiladas with Mozzarella and Rocket

23

Calorie Smart 35-40 Minutes • Medium Spice • 4 of your 5 a day



Bell Pepper



Garlic Clove



Black Beans



Mozzarella



Chipotle Paste



Vegetable Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



Plain Taco Tortillas



Red Wine Vinegar



Wild Rocket



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Garlic press, sieve, kitchen paper, frying pan, ovenproof dish and bowl.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1½	2
Garlic Clove**	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Mozzarella** 7)	1 ball	1½ balls	2 balls
Chipotle Paste	20g	30g	40g
Vegetable Stock Paste 10)	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Plain Taco Tortillas 13)	6	9	12
Red Wine Vinegar 14)	12g	18g	24g
Wild Rocket**	20g	40g	40g
Diced Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Sugar for the Dressing*	¼ tsp	½ tsp	½ tsp
Olive Oil for the Dressing*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	557g	100g	598g	100g
Energy (kJ/kcal)	2828 / 676	508 / 121	3506 / 838	586 / 140
Fat (g)	22.1	4.0	34.4	5.7
Sat. Fat (g)	7.8	1.4	13.2	2.2
Carbohydrate (g)	83.8	15.0	85.2	14.2
Sugars (g)	19.6	3.5	19.8	3.3
Protein (g)	29.9	5.4	41.2	6.9
Salt (g)	4.70	0.84	7.28	1.22

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk 10) Celery 13) Cereals containing gluten 14) Sulphites
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Get Prepped

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **black beans** in a sieve.

Drain the **mozzarella** and squeeze out as much liquid as you can. Pat dry with kitchen paper, then tear into small pieces.



Make your Enchiladas

Once the **sauce** has thickened, lay the **tortillas** on a board (3 per person). Reserve a **quarter** of the **bean mixture** for the **topping**, then spoon the remaining **bean mixture** down the centre of each, then roll them up to enclose the **filling**.

Drizzle a little **oil** over the bottom of an ovenproof dish, then lay in the **wraps**. Pack them snugly, side by side, with the folded edge underneath so they don't unroll. Top with the **reserved bean mixture** and **torn mozzarella**. Grill until golden and the **cheese** is bubbling, 5-6 mins.



Fry the Pepper

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sliced pepper** and fry until just soft, 3-4 mins.

Stir in the **garlic**, **chipotle paste** (add less if you'd prefer things milder) and **black beans**, then fry for 1 min more.

CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add it to the pan with the **pepper** and fry until it starts to brown, 3-4 mins.



Dress the Salad

In a medium bowl, add the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**, then mix well.

Just before you're ready to serve, toss the **rocket** in the **dressing**.



Sauce Things Up

Stir the **veg stock paste**, **chopped tomatoes** and **sugar for the sauce** (see pantry for amount) through the **bean mixture**.

Reduce the heat to medium and simmer until thickened, 7-8 mins, then mash **half** the **black beans** with a fork in the pan.

Meanwhile, preheat your grill to high.



Serve

When everything's ready, share your **chipotle black bean enchiladas** between your plates. Serve the **salad** alongside.

Enjoy!