













Creepy Chipotle Pulled Beef Chilli and Ghostly Dippers

with Avocado, Charred Corn and Tomato Salad

Halloween 30-35 Minutes • Mild Spice • 4 of your 5 a day



-  Slow Cooked Beef
-  Plain Taco Tortillas
-  Sweetcorn
-  Garlic Clove
-  Lime
-  Black Beans
-  Medium Tomato
-  Tomato Puree
-  Chipotle Paste
-  Beef Stock Paste
-  Avocado
-  Greek Style Salad Cheese

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

Ovenproof dish, aluminium foil, kitchen scissors, baking tray, sieve, frying pan, garlic press, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Slow Cooked Beef**	280g	420g	560g
Plain Taco Tortillas 13)	6	6	6
Sweetcorn	160g	240g	320g
Garlic Clove**	2	3	4
Lime**	1	1	1
Black Beans	1 carton	1½ cartons	2 cartons
Medium Tomato	2	3	4
Tomato Puree	30g	45g	60g
Chipotle Paste	20g	30g	40g
Beef Stock Paste	10g	15g	20g
Avocado	1	1½	2
Greek Style Salad Cheese** 7)	50g	75g	100g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 750g	Per 100g 100g
Energy (kJ/kcal)	4444/1062	592/142
Fat (g)	51.5	6.9
Sat. Fat (g)	18.1	2.4
Carbohydrate (g)	86.6	11.5
Sugars (g)	16.8	2.2
Protein (g)	58.7	7.8
Salt (g)	4.12	0.55


Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13)** Cereals containing gluten

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Cook your Beef

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **beef** from the packaging. Place in an ovenproof dish along with the **juices**. Season with **salt** and **pepper** and cover loosely with foil.

When the oven is hot, roast on the middle shelf for 25-30 mins. **IMPORTANT:** *Ensure the beef is piping hot throughout.*

Meanwhile, cut each **tortilla** in half and then cut each half into a ghost shape (use scissors if easier).

Place on a large baking tray in a single layer and drizzle with **oil**. **TIP:** *Use two baking trays if necessary.* Season with **salt** and **pepper**. Set aside to bake later.



Cook your Beans

Wipe out the pan used for the **sweetcorn** and return to medium-high heat with a drizzle of **oil**.

Once hot, add the **black beans**, **tomato puree** and **garlic**. Stir-fry for 1-2 mins, then add the **sugar** and **water for the sauce** (see pantry for both amounts).

Cook until thickened slightly, 2-3 mins, then stir through the **chipotle paste**, **beef stock paste** and **butter** (see pantry for amount) and remove from the heat.



Char the Corn

Next, drain the **sweetcorn** in a sieve.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sweetcorn** and cook until charred, 5-6 mins.

Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.



Finishing Touches

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, fan out your **avocado slices** on top, crumble over your **Greek style salad cheese** and sprinkle over some **lime zest**.

When the **beef** has 7 mins left, bake your **tortilla ghosts** on the top shelf in the oven until lightly golden brown and crisp, 5-7 mins. **TIP:** *Keep an eye on them to make sure they colour evenly.*

Once your **beef** is cooked, remove from the oven, use two forks to shred the **beef** as finely as you can, discard any additional **cooking juices**, then add your **shredded beef** to your **beans**. Reheat if needed.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Finish the Prep

While your **sweetcorn** fries, peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**. Drain and rinse the **black beans** in a sieve.

Cut the **tomato** into 1cm chunks, then transfer to a medium bowl with the **sugar** and **olive oil for the dressing** (see pantry for both amounts).

Add a squeeze of **half the lime juice** and season with **salt** and **pepper**.

Once the **corn** has finished cooking, toss it through the **tomatoes** and **dressing**. Set aside.



Serve Up

To serve, spoon your **chipotle beef chilli** into a bowl, fan out your **avocado slices** on top, crumble over your **Greek style salad cheese** and sprinkle over some **lime zest**.

Transfer your **tomato and charred corn salad** and **ghost tortilla dippers** to separate bowls and serve alongside.

Serve with any remaining **lime wedges** for squeezing over.

Enjoy!