



# Cheerful Chorizo and Black Bean Frejolada

with Pickled Red Onion, Soured Cream and Coriander

5

Paddington in Peru 30-35 Minutes • Mild Spice • 2 of your 5 a day



- Diced Chorizo
- Red Onion
- Carrot
- Red Wine Vinegar
- Basmati Rice
- Garlic Clove
- Black Beans
- Coriander
- Central American Style Spice Mix
- Chicken Stock Paste
- Soured Cream

**Pantry Items**  
Oil, Salt, Pepper, Sugar, Butter, Honey

### TASTY ADVENTURES IN PERU

Discover Peruvian cuisine alongside British Classics on your HelloFresh menu! Paddington in Peru hits cinemas on the 8th November – celebrate with easy and delicious meals inspired by Paddington.



Just like Britain, Peru loves its beans, which they call 'frijoles'! That's where frejolada, this wholesome and warming bean stew, gets its name from. It's finished with a sprinkling of fresh coriander, onion pickle and cooling soured cream for a flavour adventure.

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## 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

Frying pan, grater, bowl, baking paper, saucepan, lid, garlic press, sieve and potato masher.

## Ingredients

Ingredients	2P	3P	4P
Diced Chorizo** 7)	90g	120g	180g
Red Onion	1	1½	2
Carrot**	1	2	2
Red Wine Vinegar 14)	12ml	18ml	24ml
Basmati Rice	150g	225g	300g
Garlic Clove**	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	15g	25g	30g
Soured Cream** 7)	75g	150g	150g
Pantry	2P	3P	4P
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	300ml	450ml	600ml
Butter*	20g	30g	40g
Honey*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3476 /831	469 /112
Fat (g)	34.8	4.7
Sat. Fat (g)	16.3	2.2
Carbohydrate (g)	100.6	13.6
Sugars (g)	19.6	2.6
Protein (g)	30.7	4.1
Salt (g)	5.13	0.69


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

## Allergens

### 7) Milk 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, 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.

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## 1 Fry the Chorizo

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.

Meanwhile, halve, peel and thinly slice the **red onion**. Trim the **carrot**, then coarsely grate (no need to peel).

Add **half** the **onion** to a small bowl, cover with the **red wine vinegar** and **sugar for the pickle** (see pantry for amount). Season with a pinch of **salt** and set aside to pickle.



## 4 Sauce Things Up

Return the (now empty) frying pan to medium-high heat with a drizzle of **oil** if needed.

Once hot, add the **carrot**, remaining **onion** and **half** the remaining **coriander**. Cook until the **veg** is tender, 4-5 mins.

Stir through the **garlic**, **black beans**, **cooked chorizo** and **Central American style spice mix**. Fry for 1 min more.



## 2 Cook the Rice

Once cooked, transfer the **chorizo** to a plate lined with baking paper. Keep the pan with the **chorizo oil**.

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## 5 Finishing Touches

Stir through the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Bring up to the boil, then lower to a simmer. Cook, until thickened slightly, 12-15 mins.

Using a potato masher, mash a **third** of the **beans** in the pan. Stir through the remaining **coriander**.

Add the **butter** and **honey** (see pantry for both amounts), stir until melted and remove from the heat.

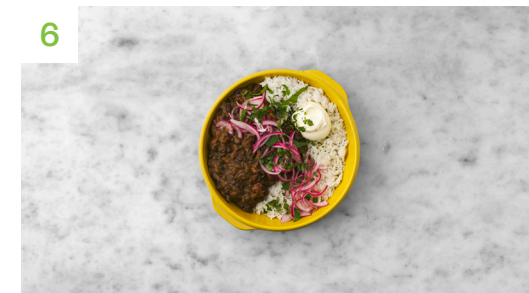


## 3 Prep Time

While the **rice** is cooking, peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **black beans** in a sieve.

Roughly chop the **coriander** (stalks and all).



## 6 Serve Up

Fluff up your **rice** with a fork and share between your serving bowls.

Spoon your **frejolada** over the top.

Drizzle over the **soured cream** and finish with the **pickled onion** and remaining **coriander**.

## Enjoy!

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