



# Black Bean, Pepper and Mushroom Fajitas

with Avocado and Zesty Soured Cream

17

**Rapid** 20 Minutes • Mild Spice • 5 of your 5 a day



Bell Pepper



Garlic Clove



Lime



Black Beans



Sliced Mushrooms



Avocado



Chipotle Paste



Vegetable Stock Paste



Plain Taco Tortilla



Soured Cream



Chorizo

#### Pantry Items

Oil, Salt, Pepper

#### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade 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.

## Cooking tools

Garlic press, fine grater, frying pan, baking tray and bowl.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	2	3	4
Garlic Clove**	1	1	2
Lime**	1	1	1
Black Beans	1 carton	1½ cartons	2 cartons
Sliced Mushrooms**	180g	300g	360g
Avocado	1	1½	2
Chipotle Paste	½ sachet	1 sachet	1 sachet
Vegetable Stock Paste (10)	10g	15g	20g
Plain Taco Tortilla (13)	6	9	12
Soured Cream** (7)	75g	150g	150g
Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

\*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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	639g 2910/696	100g 455/109
Fat (g)	27.9	4.4
Sat. Fat (g)	9.5	1.5
Carbohydrate (g)	85.9	13.4
Sugars (g)	14.3	2.2
Protein (g)	22.7	3.6
Salt (g)	3.23	0.51

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	684g	100g
Energy (kJ/kcal)	3739/894	547/131
Fat (g)	44.1	6.5
Sat. Fat (g)	15.5	2.3
Carbohydrate (g)	87.3	12.8
Sugars (g)	14.5	2.1
Protein (g)	33.9	5.0
Salt (g)	5.81	0.90

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

## Allergens

**7)** Milk **10)** Celery **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, 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

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **peppers** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**.
- Drain and rinse the **black beans** in a sieve. Pop **half** into a bowl and roughly mash with the back of a fork.



## Make the Fajita Filling

- Once the **veg** has softened, add the **chipotle paste**, **veg stock paste**, **garlic**, **black beans** (whole and mashed) and **water for the sauce** (see pantry for amount) to the pan.
- Cook, stirring, until the liquid has reduced and the mixture has thickened slightly, 1-2 mins.
- When the **fajita filling** is ready, squeeze in some **lime juice** and season with **salt** and **pepper**. Mix well, then remove the heat.



## Stir-Fry the Veg

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

## CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, heat up your frying pan without any oil. Add the **chorizo** and fry until it starts to brown, 3-4 mins, then add the **veg** and continue as instructed.



## Mix the Zesty Soured Cream

- Meanwhile, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.
- In another small bowl, mix together the **soured cream** and **lime zest**.
- Cut any remaining **lime** into **wedges**.



## Hello Avocado

- Meanwhile, halve the **avocado** and remove the stone.
- Use a tablespoon to scoop the flesh out onto a board.
- Cut into 1cm chunks.



## Assemble and Serve

- When everything's ready, lay your **tortillas** onto your plates (3 per person).
- Spread over a spoonful of the **zesty soured cream**, then top with the **fajita filling** and **avocado** - as much as you'd like.
- Serve any remaining **lime wedges** alongside for squeezing over.

Enjoy!