



MEXICAN CHILLI BOWL

with Mixed Beans and Crispy Tortilla Strips



HELLO LIME

Think limes are sharper than lemons? You're right! They have one-and-a-half times as much acid.



Garlic Clove



Onion



Green Pepper



Red Pepper



Mixed Beans



Potato



Coriander



Lime



Fajita Spice Blend



Smoked Paprika



Tomato Passata



Vegetable Stock Pot



Water



Whole Wheat Soft Tortilla



Sour Cream

40 mins

Veggie

5 of your 5 a day

Medium Heat

You'll have some tortillas left over after today's recipe. Why not try making your own tortilla chips? Use the same method as the strips here but cut them into triangles instead and add any spices you fancy. Or what about trying sweet tortilla chips? Use sugar and a sprinkle of cinnamon to create a Mexican-inspired dessert!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Colander**, **Peeler**, **Large Saucepan**, **Measuring Jug** and **Baking Tray**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C and boil your kettle. Peel and grate the **garlic** (or use a garlic press). Halve, peel and slice the **onion** into thin half moons. Halve, then remove the core from the **green** and **red peppers** and chop into roughly 1cm chunks. Drain and rinse the **mixed beans** in a colander. Peel and chop the **potato** into ½cm pieces. Roughly chop the **coriander** (stalks and all). Zest the **lime**, then cut into wedges for later.



2 COOK THE VEGGIES

Put a splash of **oil** in a large saucepan on medium-low heat. Add the **onion**. Cook gently until soft, 5 mins. Add the **peppers** and cook until slightly soft, 5 mins.



3 SPICE THINGS UP!

Add the **potato** and cook for another 2 mins. Stir in the **garlic**, **fajita spice blend** and **smoked paprika**. Cook for 1 minute more. **★ TIP:** Some like it hot, but if that's not you just use less of the fajita spice blend. Next, add the **mixed beans** and **tomato passata**.



4 SIMMER THE SOUP

Add the **vegetable stock pot** together with the boiled **water** (amount specified in the ingredient list) and stir to dissolve. Bring the **soup** to a gentle simmer (it shouldn't bubble vigorously). Simmer until the **potato** is cooked, around 10-15 mins. **★ TIP:** The potato is cooked when you can easily slip a knife through.



5 BAKE THE STRIPS

Rub a very light coating of **olive oil** on both sides of each **tortilla**. Slice into long, 1cm wide strips. Season with **salt** and **pepper**, then place on a baking tray and cook on the middle shelf of your oven until really crispy, 4-5 mins. Watch them like a hawk as they'll burn easily! Put the **sour cream** in a small bowl and add half the **lime zest**. Season with **salt** and **black pepper**. Taste and add more **zest** to your liking.



6 FINISH AND SERVE

Just before serving, stir in half the **coriander**. Taste and season with **salt** and **black pepper**. Serve in bowls, topped with a dollop of zesty **sour cream** and a sprinkling of the remaining **coriander**. Put some crispy **tortilla strips** and a **lime wedge** on the side. **★ TIP:** Make sure you get plenty of the chunky veggies in each bowl so no one misses out! **Get slurping!**

2 PEOPLE INGREDIENTS

Garlic Clove, grated	1
Onion, sliced	1
Green Pepper, chopped	1
Red Pepper, chopped	1
Mixed Beans	1 tin
Potato, chopped	1
Coriander, chopped	½ bunch
Lime	½
Fajita Spice Blend	½ tbsp
Smoked Paprika	1½ tsp
Tomato Passata	1 carton
Vegetable Stock Pot 9) 12)	1
Water*	500ml
Whole Wheat Soft Tortilla 1)	2
Sour Cream 7)	½ pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	532	72
(kJ)	2240	301
Fat (g)	12	2
Sat. Fat (g)	5	1
Carbohydrate (g)	84	11
Sugars (g)	22	3
Protein (g)	19	3
Salt (g)	4.47	0.6

ALLERGENS

1)Gluten 7)Milk 9)Celery 12)Sulphites

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion[4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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