



More Than Food
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Surprisingly Filling Mexican Broth with Spicy Beef and Beans

This recipe calls for only one or two tortillas which means you will have quite a few leftover! We hate waste so are always thinking of ways to use leftover ingredients. One suggestion is to make oven-baked tortilla chips (healthier than deep fried but still delicious!). You can brush them with oil and then make them savoury with a sprinkling of salt and some paprika, or sweet with cinnamon and sugar. A few minutes in a hot oven and voilà!



30 mins



spicy



1 of your
5 a day



Onion (1)



Garlic Clove (1)



Green Pepper (1)



Mixed Beans
(1 tin)



Potato (1)



Coriander
(½ bunch)



Beef Mince (250g)



Mexican Spice
(1 tbsp)



Smoked Paprika
(½ tbsp)



Tomato
Passata (1 carton)



Beef Stock Pot
(1)



Water (500ml)



Wholemeal
Tortilla (1)




Sour Cream
(½ pot)

2 PEOPLE INGREDIENTS

- Onion, chopped
- Garlic Clove, grated
- Green Pepper, chopped
- Mixed Beans
- Potato, chopped
- Coriander, chopped
- Beef Mince

- 1 • Mexican Spice
- 1 • Smoked Paprika
- 1 • Tomato Passata
- 1 tin • Beef Stock Pot
- 1 • Water
- ½ bunch • Wholemeal Tortillas
- 250g • Sour Cream

- 1 tbsp
- ½ tbsp
- 1 carton
- 1
- 500ml
- 1
- ½ pot

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Due to their super high fibre content, beans keep you fuller for longer. #winning

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	646 kcal / 2724 kJ	11 g	3 g	78 g	13 g	53 g	4 g
Per 100g	90 kcal / 379 kJ	2 g	0 g	11 g	2 g	7 g	1 g

Beef Stock Pot Ingredients: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.



1 Preheat your oven to 200 degrees. Peel and very finely chop the **onion** and grate the **garlic** (or use a garlic press if you have one). Remove the core from the **green pepper** and chop into 1cm chunks. Drain and thoroughly rinse the **mixed beans**. Peel and chop the **potato** into ½cm cubes. Roughly chop the **coriander** and remove the stalks.



2 To make the **broth**, heat a splash of **oil** in a non-stick saucepan on medium heat. Once hot add your **onion** and cook gently for 3-4 mins, then add your **garlic**, **beef mince**, **Mexican spice** and **smoked paprika** with a pinch of **salt** and **pepper**. Cook until just browned. **Tip:** *If you have a small pan, cook the beef in batches to prevent it stewing.*

3 Once your **beef** has browned, add your **pepper** and **potato** and cook for 4 mins.

4 Add in the **mixed beans** along with the **tomato passata**. Simmer gently for 2 mins.



5 Add the **beef stock pot** together with the **water** (amount specified in the ingredient list). Bring your **broth** to a gentle simmer (i.e. it should not be bubbling very vigorously). Cook for around 10 mins.

6 Rub a very light coating of **oil** onto both sides of the **tortilla**. Slice into long strips (1cm), season with **salt** and **pepper** and place on a baking tray on the top shelf of your oven. Cook until crispy (about 4-5 mins) but watch them like a hawk as they burn easily!



7 Just before serving your **broth** stir through half of your **coriander**. Top each bowl with a dollop of **sour cream**, a little more **coriander** and some of your crispy **tortilla chips**. Get slurping!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!