

## **Chillibeany Fajitas with Citrus Soured Cream**

Since Patrick met Thomasina Miers from Wahaca last year, he's gone Mexico mad! Mexican food has been up and coming for awhile now with its combinations of citrus flavours, spices and the complimentary textures of soft beans with crunchy peppers. For this simple recipe you'll be knocking up your own refried beans, spicing things up with some Tabasco and topping it off with a cooling dollop of sour cream. It's so good we might end up coming over for dinner ourselves!









veggie



| Ingrediënt                | 2P  | 4P  |  |
|---------------------------|-----|-----|--|
| tortillas <mark>1)</mark> | 4   | 8   |  |
| lime                      | 1   | 2   |  |
| fresh coriander (cup)     | 1/2 | 1   |  |
| red onion, diced (cup)    | 1/3 | 1/2 |  |
| organic mixed beans (tin) | 1   | 2   |  |
| yellow pepper             | 1   | 2   |  |
| red pepper                | 1   | 2   |  |
| green pepper              | 1   | 2   |  |
| soured cream (tbsp) 2)    | 4   | 6   |  |
| ground cumin (tsp)        | 1   | 2   |  |
| tabasco (drops)           | 3   | 6   |  |
| tomato puree (tbsp)       | 1   | 2   |  |
|                           |     |     |  |
|                           |     |     |  |

Hay feature in another recipe

Good to have at home

## Allergens

1) Gluten | 2) Milk more rows possible

## **Nutrition per serving**

Calories: 606 kcal, Protein: 25g, Carbs: 90g, Fat: 16g, Saturated Fat: 6g

## Measuretool

0 cm 1 cm 2 cm



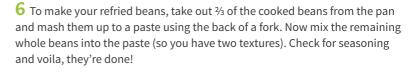
- 1 Pre-heat your oven to 220 degrees, remove the core from each of the peppers and cut the remaining pepper into chunky slices. Coarsely chop up your coriander and finely dice your red onion. Lastly, rain and rinse your mixed beans.
- 2 Coat your peppers in a tsp of olive oil and a good pinch of salt and pepper. Put them in the oven for 20 mins, or until they're soft and a little crispy around the edges.



3 Heat 1 tbsp of olive oil in a medium-sized pan on medium-low heat. Cook your red onion for 5 mins then add a ¼ of a tsp of salt and a pinch of pepper. Add in the mixed beans, tabasco, cumin, tomato puree and 5 tbsps of water. Cook with a lid for 15 mins



- 4 Grate a ¼ tsp of the lime zest into the soured cream. Squeeze in ½ tsp of juice and add a little pinch of salt and pepper. Give it all a good mix and keep it for later.
- 5 Make enquiries on the internet to have a mariachi band come to dinner.





**7** We like to serve all the different ingredients into bowls and let everyone dive in. Alternatively, you can wrap up your fajitas in the kitchen and send them out to the camp fire! Don't forget a good dollop of your citrus sour cream and garnish with plenty of coriander.

