






Cooking Made Easy

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## Mexican Tortillas with Feta and Black Beans

The weather is so beautiful on this island at the moment, it's almost as if we're somewhere like Mexico! Sadly, we can't buy you a one way ticket there, but we can make your taste buds feel like you're there. So get ready for a flavour bonanza with our Mexican tortillas, packed with creamy black beans and salty feta. And don't worry, Patrick has added in a few pinches of Mexican spices to the mix and a spritz of lime juice, so your mouth will be saying "ay ay AY" with every bite. ¡Buen provecho!



40 min



spicy



veggie



Brown Rice



Red Onion



Green Pepper



Baby Gem  
Lettuce



Mexican Spice



Smoked Paprika



Organic Chopped  
Tomatoes



Organic Black  
Beans



Feta Cheese



Lime



Sour Cream



Wholemeal  
Tortilla

## Ingredients

	2P	4P
Brown Rice	½ cup	1 cup
Red Onion, sliced	1	2
Green Pepper, chopped	1	2
Baby Gem Lettuce, shredded	1	2
Mexican Spice	½ tbsp	1 tbsp
Smoked Paprika	1 tsp	2 tsp
Organic Chopped Tomatoes	1 tin	2 tins
Organic Black Beans	1 tin	2 tins
Feta Cheese, crumbled <b>1</b>	3 tbsp	5 tbsp
Lime	½	1
Sour Cream <b>1</b>	4 tbsp	6 tbsp
Wholemeal Tortilla <b>2</b>	4	8

🍷 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Milk | **2)** Gluten

**Nutrition per serving:** Calories: 964 kcal | Protein: 40 g | Carbs: 143 g | Fat: 25 g | Saturated Fat: 13 g

3



**1** Boil a medium-size pot of water with ¼ tsp of salt. Once it comes to a rapid boil add the brown rice (rinse the rice first) and cook for 25 mins. Drain and keep to the side.

*Tip: Make sure the water is rapidly boiling to cook the rice faster.*

simmer for around 10 mins until the tomato sauce has thickened.

5



**2** Peel and chop the onion in half lengthways before slicing into thin half moon shapes. Remove the core from the pepper and chop into small bite-sized chunks. Slice the baby gem lettuce widthways into really thin shreds.

**5** Drain and rinse the black beans in a sieve (if you have one) and stir them and the peppers into the tomato sauce. Take the pan off the heat.

6



**3** Heat 1 tbsp of olive oil in a pan on high heat. Once hot add the pepper and cook for a few mins until slightly browned off. Season with a pinch of salt and pepper. Remove and keep to the side.

**6** Once the rice is cooked and drained, crumble the feta into it and stir together. Grate a bit of lime zest in a bowl and mix together with the sour cream and ½ tsp of lime juice.

7



**4** Add another drizzle of olive oil to the pan and cook the onions for 8 mins on medium heat. Season with a pinch of salt and some pepper. *Tip: You want to get the onions nice and soft with a little bit of colour.* Add the Mexican spice and the smoked paprika to the onions and stir for a minute. Add the tinned tomatoes with ¼ tsp of sugar (if you have some) and turn the heat to medium-low. Leave to

**7** Put a little pile of the rice mixture, shredded lettuce, tomato and bean sauce mixture and a little sour cream into the middle of each tortilla wrap. Fold the left and right hand side into the middle then roll the tortilla up (see pic!).

**8** You can eat the tortillas straightaway, but we recommend cleaning your frying pan and putting it back on high heat, then placing your tortillas in the pan until golden and crispy on all sides. Serve with any left over sour cream mixture on the side - Arriba!

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