






More Than Food
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Mexican Jalapeño Jumble with Black Beans and Chorizo

The subject of this lesson is 'The Scoville Scale'. In 1912, Wilbur Scoville created this scale to measure the heat in different chillies. The scale measures the amount of 'capsaicin' in the chilli, (the bit that makes it spicy). At the top of the scale, you've got the Trinidad Moruga Scorpion Chilli (!) at 2,000,000 Scoville Units, whilst the Jalapeño (star of this recipe) is only 3,500 Units. However, if you're sensitive to heat we still recommend you go easy on the spice!



20 mins



family box



gluten
free



spicy



Red Pepper (2)



Cherry Tomatoes
(2 punnets)



Organic Black Beans
(2 tins)



Organic Sweetcorn
(1 tin)



Jalapeño Chilli (2 tsp)



Coriander (5 tbsp)



Chorizo (2 packs)




Lime (1)



Feta (2 blocks)

Ingredients

	2P	4P
Red Pepper, chopped	-	2
Cherry Tomatoes, quartered	-	2 punnets
Organic Black Beans	-	2 tins
Organic Sweetcorn	-	1 tin
Jalapeño Chilli, chopped	-	2 tsp
Coriander, chopped	-	5 tbsp
Chorizo 1	-	2 packs
Lime	-	1
Feta 2	-	2 blocks

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

LH Step for little hands

Allergens

1) Sulphites | 2) Milk

Nutrition per serving: Calories: 671 kcal | Protein: 37 g | Carbs: 84 g | Fat: 24 g | Saturated Fat: 12 g



1 Remove the cores from the red peppers, cut into ½cm slices then chop finely. Chop the cherry tomatoes into quarters. Drain and thoroughly rinse the black beans and drain the sweetcorn. Roughly chop the jalapeños and coriander.



2 Heat 1 tsp of olive oil in a frying pan on medium-high heat. Once hot, add in the chorizo and cook until crispy.



3 Once the chorizo is crispy, turn the heat to low. Add in the cherry tomatoes, black beans and sweetcorn. Toss everything together for 1 minute.



4 Add in as much jalapeño as you dare. **Tip:** *Jalapeños aren't the spiciest of chillies but they still have a decent kick - add them bit by bit and taste if you want to keep things cool.*

5 Remove the pan from the heat and toss in the red pepper, ½ tsp of salt and a good grind of pepper. Toss in your chopped coriander and squeeze over the juice of three quarters of your lime.

6 Enter yourself into a chilli eating competition.

7 Test for seasoning and add more salt and some pepper if needed. Serve your Mexican Jumble with crumbled feta and another squeeze of lime juice. **Ándale!**