



More Than Food
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Mexican Jalapeño Jumble with Black Beans and Smoked Paprika

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



spicy



gluten
free



veggie



Red Pepper



Cherry Tomatoes



Organic Black Beans



Organic Chickpeas



Organic Sweetcorn



Jalapeño Chilli



Coriander



Smoked Paprika




Lime



Feta Cheese

Ingredients

	2P	4P
Red Pepper, chopped	1	2
Cherry Tomatoes, quartered	1 punnet	2 punnets
Organic Black Beans	1 tin	2 tins
Organic Chickpeas	½ tin	1 tin
Organic Sweetcorn	½ tin	1 tin
Jalapeño Chilli, chopped	½ tbsp	1 tbsp
Coriander, chopped	3 tbsp	5 tbsp
Smoked Paprika	½ tbsp	1 tbsp
Lime	½	1
Feta Cheese 1	1 block	2 blocks

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

Allergens

1) Milk

Nutrition per serving: Calories: 767 kcal | Protein: 45 g | Carbs: 133 g | Fat: 18 g | Saturated Fat: 8 g



1 Remove the core from the red pepper, slice into matchsticks then chop finely. Chop the cherry tomatoes into quarters. Drain and thoroughly rinse the black beans, chickpeas and sweetcorn. Roughly chop up the jalapeños and coriander.

5 Remove the pan from the heat and toss in the chopped red pepper. Toss in your chopped coriander and squeeze over the juice of half the lime.



2 Heat 2 tsp of olive oil in a saucepan on medium-high heat. Once hot, add in the chickpeas and smoked paprika. Season with a pinch of salt and pepper.

6 Enter yourself into a chilli eating competition.



3 After 3 mins, turn the heat to low. Add in the black beans, sweetcorn and cherry tomatoes. Toss everything together for 1 minute.

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!*



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.*