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## Chillibeany Fajitas with Citrus Sour Cream

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

30 mins

healthy

spicy

veggie



Red Pepper  
(1)



Yellow Pepper  
(½)



Green Pepper  
(1)



Coriander  
(3 tbsps)



Red Onion  
(½)



Organic Mixed Beans  
(1 tin)



Habanero Sauce  
(a few drops)



Cumin  
(1 tsp)



Tomato Purée  
(2 tbsps)



Lime  
(½)



Sour Cream  
(½ pot)




Wholemeal Tortilla  
(4)

## Ingredients

2 PEOPLE    ALLERGENS

Red Pepper, chopped	1	
Yellow Pepper, chopped	½	
Green Pepper, chopped	1	
Coriander, chopped	3 tbsp	
Red Onion, chopped	1	
Organic Mixed Beans	1 tin	
Habanero Sauce	a few drops	Sulphites
Cumin	1 tsp	
Tomato Purée	2 tbsp	
Lime	½	
Sour Cream	½ pot	Milk
Wholemeal Tortilla	4	Gluten

 Our fruit and veggies come straight from the farm so give them a little wash before using

### Did you know...

In the Middle Ages, they believed that cumin kept chickens and lovers from running away!

**Nutrition per serving:** Calories: 573 kcal | Protein: 26 g | Carbs: 78 g | Fat: 14 g | Saturated Fat: 5 g



**1** Pre-heat your oven to 220 degrees. Remove the core from each of the **peppers** and chop them into chunky slices. Coarsely chop the **coriander** and finely chop the **red onion**. Lastly, drain and rinse the **mixed beans**.



**2** Coat the **peppers** in 1 tsp of **olive oil** and a good pinch of **salt** and **pepper**. Place on a baking tray and put 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 frying pan on medium-low heat. Cook the **red onion** for 5 mins then add ¼ tsp of **salt** and a pinch of **pepper**. Add in the **mixed beans**, **habanero sauce**, **cumin**, **tomato purée** and 5 tbsp of **water**. Cook with a lid on for 15 mins.



**4** Grate a ¼ tsp of **lime zest** into the **sour cream**. Squeeze in ½ tsp of juice and add a little pinch of **salt** and **pepper**. Give it all a good stir and keep it for later.

**5** Make enquiries on the internet to have a mariachi band come to dinner.

**6** To make your refried beans, take out two-thirds of the cooked beans from the pan and mash them to a paste using the back of a fork. Now mix the remaining whole beans into the paste (so you have two textures). Check for seasoning and voila, they're done!

**7** Put the **tortillas** in the oven for 2 mins to warm them. We like to serve the **peppers**, **bean** mix and **sour cream** in separate bowls so everyone can dive in. Alternatively you can add the ingredients to the **tortillas**, roll them up 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**.

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