



'Black Hole' Flautas and Roasted Sweet Potatoes with Refried Beans and Rocket Salad

21

LIGHTYEAR 40-45 Minutes • Mild Spice • Veggie • 1 of your 5 a day



Black Beans



Garlic Clove



Mature Cheddar Cheese



Medium Tomato



Sweet Potato



Tomato Puree



Mexican Style Spice Mix



Vegetable Stock Paste



Super Soft Tortilla with Whole Wheat



Rocket



Greek Style Natural Yoghurt

Disney · PIXAR
Lightyear
Only In cinemas



To the dinner table... and beyond!

We've teamed up with Disney and Pixar to celebrate the launch of the new original sci-fi action-adventure "Lightyear".

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Sieve, garlic press, grater, baking tray, bowl and frying pan.

Ingredients

	2P	3P	4P
Black Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	90g	120g	180g
Medium Tomato	1	2	2
Sweet Potato	2	3	4
Tomato Puree	1 sachet	1½ sachets	2 sachets
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Super Soft Tortilla with Whole Wheat 13)	4	6	8
Rocket**	40g	60g	80g
Greek Style Natural Yoghurt** 7)	50g	75g	100g
Water for the Beans*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	580g	100g
Energy (kJ/kcal)	3342/799	577/138
Fat (g)	25.2	4.3
Sat. Fat (g)	13.8	2.4
Carbohydrate (g)	105.4	18.2
Sugars (g)	22.3	3.5
Protein (g)	28.2	4.87
Salt (g)	3.66	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Set for Adventure

Preheat your oven to 220°C/200°C fan/gas mark 7. Drain and rinse the **black beans** in a sieve. Peel and grate the **garlic** (or use a garlic press). Grate the **cheese**. Chop the **tomato** into 1cm pieces. Chop the **sweet potatoes** into 2cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, if you'd like, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.



Bake your Black Hole Flautas

When the refried **beans** have thickened, remove from the heat. Divide the **beans** between the centre of each **tortilla** (2 per person) and top with the **cheese**. Roll up tightly - these are your '**black hole**' flautas! Place the **flautas** onto a lightly oiled baking tray, seam-side down, leaving a small space between each. Drizzle with a little **oil**, then bake on the middle shelf of your oven until golden, 10-15 mins.

Space Ranger Mission: Brace yourselves! Little space rangers can help make the 'black hole' flautas by adding in the fillings and rolling them up. Reserve some cheese for sprinkling over the top before baking if you'd like to make them look extra dark inside.



Roast the Sweet Potatoes

When the oven is hot, roast the **sweet potatoes** on the top shelf until golden, 25-35 mins. Turn halfway through. Meanwhile, pop the **chopped tomato** into a large bowl with a drizzle of **oil**. Season with **salt**, **pepper** and a pinch of **sugar** if you'd like, then set aside.



Finish the Salad

When everything is almost ready, add the **rocket** to the **tomato** bowl and toss to coat.



Rev Up the Refried Beans

Heat a drizzle of **oil** in a large frying pan on medium heat. When hot, add the **garlic**, **tomato puree** and **Mexican style spice mix**. **TIP:** Use less spice if you'd like things milder. Cook, stirring, until fragrant, 2-3 mins. Meanwhile, pop the **black beans** into a bowl and roughly mash with the back of a fork or potato masher. Stir the **mashed beans**, **water for the beans** (see ingredients for amount) and **vegetable stock paste** into the pan, then simmer until thickened, 2-3 mins. Taste and season with **salt** and **pepper** if you'd like.



Time to Serve

When ready, plate up your '**black hole**' flautas with the **roasted sweet potatoes** and **rocket salad** alongside. Serve with a dollop of **yoghurt** on the side for dipping.

Enjoy!

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