



More Than Food
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Chillibeany Fajitas with Citrus Sour Cream

Fajitas go down a treat at the Fresh Farm. Mexican food has great combinations of clean citrus flavours, warm spices and 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!



45 mins



spicy



5.5 of your
5 a day



healthy



veggie



Red Pepper
(2)



Yellow Pepper
(1)



Green Pepper
(1)



Red Onion
(1)



Coriander
(½ bunch)



Mixed Beans
(1 tin)



Habanero Sauce
(a few drops)



Cumin
(1 tsp)



Tomato Purée
(2 tbsp)



Water (100ml)



Lime (½)



Sour Cream
(½ pot)



Wholemeal Tortilla
(4)



Rocket
(40g)

2 PEOPLE INGREDIENTS

- Red Pepper, sliced **2**
- Yellow Pepper, sliced **1**
- Green Pepper, sliced **1**
- Red Onion, chopped **1**
- Coriander, chopped **½ bunch**
- Mixed Beans **1 tin**
- Habanero Sauce **a few drops**
- Cumin **1 tsp**
- Tomato Purée **2 tbsp**
- Water **100ml**
- Lime **½**
- Sour Cream **½ pot**
- Wholemeal Tortilla **4**
- Rocket **40g**

Allergens: Milk, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	455 kcal / 1908 kJ	18 g	6 g	57 g	14 g	17 g	2 g
Per 100g	78 kcal / 326 kJ	3 g	1 g	10 g	2 g	3 g	0 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

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

1



1 Preheat your oven to 220 degrees. Remove the core from the **red, yellow and green peppers** and cut into 1cm wide slices. Cut the **red onion** in half through the root, peel and chop into ½cm chunks (or as small as you can). Roughly chop the **coriander leaves**, discarding the stalks. Lastly, drain and rinse the **mixed beans** in a colander or sieve.

2



2 Coat your **peppers** in a splash of **olive oil** and a good pinch of **salt** and **black pepper**. Place on a baking tray and put on the middle shelf of your oven for 20 mins, or until they're soft and a little crispy around the edges.

3



3 Heat a splash of **oil** in a non-stick frying pan over medium heat. When hot, add your **onion** and cook for 5 mins before adding in the **mixed beans, habanero sauce, cumin, tomato purée** and the **water** (amount specified in the ingredient list). Season with a pinch of **salt** and a good grind of **black pepper**. **Tip:** *Add as much habanero sauce as you can handle - be careful, it's hot!* Cook with a lid on for 15 mins until thickened and starting to break down.

5



4 Grate a pinch of **lime zest**, squeeze a dash of **lime juice** and add a sprinkle of **salt** and **black pepper** into the **sour cream**. Give it all a good stir and keep to one side.

5 Now to make your **refried beans**! Remove one-third of your **bean mixture** to a bowl. Mash the rest to a paste in the pan using the back of a fork or a potato masher. Now add your reserved **beans** back into your **mashed beans** along with half of your **coriander**. Taste and add some **salt** if necessary.

6 Put the **tortillas** in your oven for 2 mins to warm. Toss the **rocket** in a little leftover **lime juice**, a drizzle of **olive oil** and a good pinch of **salt** and **pepper**. We like to serve the **peppers, chilli bean mix** and **citrus sour cream** in separate bowls so everyone can dive in. Alternatively, you can add the ingredients to your **tortillas**, roll them up in the kitchen and send them out to the camp fire! Don't forget an extra dollop of your **citrus sour cream**, your dressed **rocket** and a final sprinkle of **coriander**!

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