



Spicy Mexican Style Bean Stew

with Roasted Peppers and Homemade Tortilla Chips

23

Calorie Smart 35 Minutes • Medium Spice • 2 of your 5 a day • Veggie • Under 600 Calories



Red Onion



Bell Pepper



Garlic Clove



Spring Onion



Lime



Red Kidney Beans



Chipotle Paste



Smoked Paprika



Tomato Puree



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Plain Taco Tortilla



Greek Style Salad Cheese

Before you start

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

Cooking tools

Garlic press, sieve, baking paper and saucepan.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	2	3	4
Garlic Clove**	1	2	2
Spring Onion**	2	3	4
Lime**	½	¾	1
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Chipotle Paste	1 sachet	1½ sachet	2 sachets
Smoked Paprika	1 pot	1 pot	2 pots
Tomato Puree	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste (10)	10g	15g	20g
Plain Taco Tortilla (13)	2	3	4
Greek Style Salad Cheese** (7)	50g	75g	100g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	664g	100g
Energy (kJ/kcal)	1942 /464	293 /70
Fat (g)	12	2
Sat. Fat (g)	6	1
Carbohydrate (g)	64	10
Sugars (g)	25	4
Protein (g)	23	3
Salt (g)	4.36	0.66

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 10) Celery 13) 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 Prepped

Preheat your oven to 200°C. Halve, peel and thinly slice the **red onion**. Halve the **peppers** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**. Cut the **lime** into **wedges**. Drain and rinse the **kidney beans** in a sieve.



Roast the Peppers

Pop the **peppers** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out in a single layer. Roast on the middle shelf of your oven until golden and soft, 15-17 mins.



Start the Stew

Meanwhile, heat a drizzle of **oil** in a large saucepan over medium-high heat. Once hot, add the **red onion** and cook, stirring occasionally, until soft, 4-5 mins. Add the **chipotle paste**, **smoked paprika**, **garlic** and **tomato puree** and cook, stirring, 30 seconds. **TIP:** Add less chipotle paste if you don't like heat. Pour in the **chopped tomatoes**, **vegetable stock paste** and a splash of **water**. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Stir in the **kidney beans**. Lower the heat and simmer until thickened, 8-10 mins. Stir occasionally.



Make the Tortilla Chips

While the **stew** cooks, cut each **tortilla** into 8 triangles (use scissors if easier). Place on a large baking tray in a single layer and drizzle with **oil** (use two trays if necessary). Season with **salt** and **pepper**. Bake on the top shelf of your oven until lightly golden brown and crisp, 5-7 mins. **TIP:** Keep an eye on them to make sure they colour evenly.



Finish the Stew

Once the **peppers** are roasted, add them to the **stew** and stir through. Add a splash of **water** to loosen if you need to. Taste and season with **salt** and **pepper**. Crumble the **Greek style salad cheese** into small pieces.



Serve

Divide the **stew** between your bowls and top with the **Greek style salad cheese** and **sliced spring onion**. Serve with **lime wedges** for squeezing over and **tortilla chips** for dipping.

Enjoy!

Scan to get your exact PersonalPoints™ value



9-11

