



# Mexican Broth

with Spicy Beef & Beans



## HELLO PAPRIKA

*Paprika can be used as a natural hair dye!*



Onion



Garlic Clove



Green Pepper



Mixed Beans



Potato



Coriander



Beef Mince



Fajita Seasoning



Mild Paprika



Tomato Passata



Beef Stock Pot



Water



Whole Wheat Soft Tortilla



Sour Cream

40 mins

4 of your 5 a day

Medium Heat

This recipe calls for only one or two tortillas which means you will have quite a few left over! We hate waste so are always thinking of ways to use leftover ingredients. Why not try oven-baked tortilla chips? Cut them into triangles (or whatever shape you choose), brush them with oil and sprinkle with salt and paprika. A few minutes in a hot oven and voilà!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Colander**, **Peeler**, **Frying Pan**, **Measuring Jug**, some **Baking Paper** and a **Baking Tray**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Halve, peel and chop the **onion** into ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Halve, then remove the core from the **green pepper** and chop into 1cm chunks. Drain and rinse the **mixed beans** in a colander. Peel and chop the **potato** into ½cm cubes. **★ TIP:** Chop the potato this small to make sure it cooks through! Pick the coriander leaves from their stalks and roughly chop (discard the stalks).



### 2 BROWN THE MINCE

Heat a splash of **oil** in a frying pan on medium heat. Once hot add the **onion**. Cook gently until soft, 3-4 mins. Then add the **garlic**, **beef mince**, **fajita seasoning** and **mild paprika** with a pinch of **salt** and a good grind of **black pepper**. **★ TIP:** If you don't like things too spicy, add less of the fajita seasoning! Cook until the beef is just browned, 5-6 mins.



### 3 ADD THE VEGGIES

Once the **beef** has browned, add the **pepper** and **potato**. Cook until softened slightly, 4 mins. Add the **mixed beans** along with the **tomato passata**. Simmer gently for 2 mins. Preheat your oven to 200°C.



### 4 COOK THE BROTH

Mix the **beef stock pot** together with the **water** (amount specified in the ingredient list) in a measuring jug and add to the pan. Bring to a gentle boil, then lower the heat. Simmer until the **potato** is cooked through, 15-20 mins. **★ TIP:** If the stock is reducing too much, add a splash more water.



### 5 BAKE THE TORTILLA

Rub a very light coating of **oil** onto both sides of each **tortilla**. Slice into long, 1cm wide strips. Season with **salt** and **black pepper** and place on a lined baking tray on the top shelf of your oven. Cook until crispy, 4-5mins. **★ TIP:** Watch them like a hawk as they burn easily!



### 6 SERVE

Just before serving, stir through **half** the **coriander**. Serve the **broth** in bowls, topped with a dollop of **sour cream**, a little more **coriander** and some of the crispy **tortilla strips**. **Get slurping!**

## 2 PEOPLE INGREDIENTS

Onion, chopped	1
Garlic Clove, grated	1
Green Pepper, chopped	1
Mixed Beans	1 tin
Potato, chopped	1
Coriander, chopped	½ small bunch
Beef Mince	250g
Fajita Seasoning	1 tbsp
Mild Paprika	1½ tsp
Tomato Passata	1 carton
Beef Stock Pot	1
Water*	500ml
Whole Wheat Soft Tortilla, sliced 1)	1
Sour Cream 7)	½ pot

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	681	92
(kJ)	2861	385
Fat (g)	23	3
Sat. Fat (g)	10	1
Carbohydrate (g)	72	10
Sugars (g)	17	2
Protein (g)	43	6
Salt (g)	4.99	0.67

### ALLERGENS

1)Gluten 7)Milk

**Beef Stock Pot:** Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black pepper

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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