



Mexican Spiced Sweetcorn

with Black Bean Stew



HELLO CORIANDER

Know a coriander hater? Around 14% of people carry a gene which makes this herb taste soapy to them.



Corn on the Cob



Fajita Seasoning



Echalion Shallot



Garlic Clove



Celery



Smoked Paprika



Tomato Passata



Water



Vegetable Stock Pot



Black Beans



Coriander



Lime



Sour Cream



Flatbread

MEAL BAG

30 mins

4.5 of your 5 a day

very hot

Enjoy within 2 days

Veggie

Our chef Mimi recently returned from Mexico, having energetically scaled Mayan pyramids and wandered around ancient sites. Whilst admiring these wonders, she stumbled upon a street vendor supplying the locals with a spicy black bean and sweetcorn stew. Truly inspired, our intrepid explorer returned and created this delectable dish to tickle your taste buds!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Foil**, two **Baking Trays**, a **Fine Grater**, **Large Frying Pan**, **Measuring Jug**, **Colander** and **Baking Paper**. Now, let's get cooking!



1 ROAST THE CORN

Preheat your oven to 200°C. Pop each **corn cob** on some foil about the size of an A4 piece of paper. Season with a pinch of **salt** and a good grind of **black pepper**. Sprinkle on the **fajita seasoning** (use less if you don't like it hot!) and drizzle over some **oil**. Massage in the **oil**, spices and seasoning, then wrap the **corn** in the foil. Place on a baking tray and pop on the top shelf of your oven. Roast for 25 mins.



2 PREP THE VEGGIES

Halve, peel and thinly slice the **shallot** into half moons. Peel and grate the **garlic** (or use a garlic press). Slice the **celery** widthways as thinly as you can. Heat a splash of **oil** in a large frying pan over medium heat. When the **oil** is hot, add the **shallot** and **celery**. Cook, stirring frequently until softened, 5 mins.



3 START THE STEW

Add **half** the **garlic** and all the **smoked paprika** to the pan. Season with a pinch of **salt** and some **black pepper**. Cook for another minute. Add the **tomato passata**, the **water** (amount specified in the ingredient list) and the **vegetable stock pot**. Stir well to dissolve the **stock pot**. Cook until the sauce has reduced by half, about 10 mins.



4 MAKE THE ZESTY CREAM

Whilst the sauce simmers, drain and rinse the **black beans** in a colander then set aside. Roughly chop the **coriander** (stalks and all) and zest **half** the **lime**. In a small bowl, stir the **coriander** and **lime zest** into the **sour cream**. Season with a pinch of **salt** and keep to one side. Add the **black beans** to the **tomato sauce** and cook for another 5 mins.



5 BAKE THE FLATBREAD

Mix the remaining **garlic** in another small bowl with a glug of **oil** and season with a pinch of **salt** and **black pepper**. Put the **flatbread** on another lined baking tray and spoon over the **garlic oil**. Pop onto the middle shelf of your oven until golden and crispy, 5 mins. When done, remove from the oven and slice into 2cm wide strips.



6 FINISH AND SERVE!

When everything is ready, carefully unwrap the **corn** and squeeze over some **lime juice**. Serve the **spiced sweetcorn** on top of a bowlful of the **black bean stew**. Finish with a dollop of **sour cream** and some **flatbread** strips. **Enjoy!**

2 PEOPLE INGREDIENTS

Corn on the Cob	2
Fajita Seasoning	1½ tsp
Echalion Shallot, sliced	1
Garlic Clove, grated	2
Celery, sliced 9)	1 stick
Smoked Paprika	1½ tsp
Tomato Passata	1 carton
Water*	200ml
Vegetable Stock Pot 9) 14)	½
Black Beans	1 tin
Coriander, chopped	1 small bunch
Lime	1
Sour Cream 7)	1 pot
Flatbread 1)	2

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	683	104
(kJ)	2867	435
Fat (g)	19	3
Sat. Fat (g)	9	1
Carbohydrate (g)	89	13
Sugars (g)	18	3
Protein (g)	28	4
Salt (g)	3.86	0.59

ALLERGENS

1)Gluten 7)Milk 9)Celery 14)Sulphites

Vegetable Stock Pot:Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains sulphites], Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White 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 and we'll get back to you.

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