



MEXICAN TORTILLA BAKE

with Kidney Beans, Soured Cream and Cheese



HELLO PEPPERS

Peppers are known as capsicum in some parts of the world



Red Pepper



Courgette



Kidney Beans



Mexican Spice



Finely Chopped Tomatoes with Garlic & Onion



Vegetable Stock Powder



Cheddar Cheese



Lime



Soured Cream



Red Chilli



Whole Wheat Soft Tortillas



Premium Baby Leaf Mix

MEAL BAG

Hands on: **30** mins
Total: **40** mins



Family Box

3.5 of your
5 a day

Veggie

This all-in-one dish is guaranteed to get a thumbs up from the whole family. Chef Lizzie has created a Mexican-style 'lasagne', using whole wheat tortillas instead of sheets of pasta, filling each layer with a veggie-packed tomato sauce and baking it until the cheesy topping is golden and bubbly. Serve up in the middle of your table along with all the toppings and dig in!

12

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Frying Pan, Sieve, Measuring Jug, Coarse Grater, Fine Grater** and a **Round Ovenproof Dish**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Halve the **pepper** and discard the core and seeds. Chop into small pieces. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces.



2 FRY THE VEGGIES

Heat a drizzle of **oil** in a large frying pan on medium heat. When hot add the **courgette** and **pepper** and cook, stirring occasionally, until starting to soften, 6-7 mins. Meanwhile, drain and rinse the **kidney beans** in a sieve.



3 COOK THE FILLING

Add the **Mexican spice** to the **veggies** and cook, stirring, for 30 seconds. Stir in the **kidney beans, finely chopped tomatoes, stock powder** and **water** (see ingredients for amount), bring to the boil then reduce the heat and simmer until thick and tomatoey, 6-8 mins. **★ TIP: It will be quite a thick mixture.**



4 TOPPINGS!

Meanwhile, grate the **cheese**. Zest the **lime** then chop into wedges. In a small bowl mix the **lime zest** with the **soured cream**. Halve the **chilli**, deseed and finely chop. Pop the **chilli** and **limey soured cream** to one side (separately). These are your **toppings!**



5 TORTILLAS ASSEMBLE!

Spread a little of the **veggie filling** into the base of a round ovenproof dish. Lay in a **tortilla**, then spread some more **veggie filling** on top. Scatter over some **cheese**, then pop another **tortilla** on top. Continue layering until you have used everything up, finishing with a **tortilla** on top and a final scattering of **cheese**. The number of layers you have will vary depending on the size of your dish (the smaller the better!)



6 BAKE AND SERVE

Bake until golden and bubbly, 6-8 mins. In the meantime add the **baby leaves** to a large bowl and mix with **half** the **lime juice**, a glug of **olive oil** and a pinch of **salt** and **pepper**. When ready, remove the bake from the oven and allow to sit for a few minutes before slicing and serving with the **salad**, remaining **lime wedges** and **toppings** of your choice! **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Red Pepper	1	1½	2
Courgette *	1	1½	2
Kidney Beans	1	1½	2
Mexican Spice	carton	cartons	cartons
Finely Chopped Tomatoes with Garlic & Onion	½ pot	¾ pot	1 pot
Vegetable Stock Powder 10)	1 carton	1 carton	1 carton
Water*	½ sachet	¾ sachet	1 sachet
Cheddar Cheese 7) *	50ml	75ml	100ml
Lime *	2 blocks	3 blocks	3 blocks
Soured Cream 7) *	½	¾	1
Red Chilli *	½ pouch	¾ pouch	1 pouch
Whole Wheat Soft Tortillas 13)	½	¾	1
Premium Baby Leaf Mix *	4	6	8
	1 bag	1½ bags	2 bags

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 696G	PER 100G
Energy (kJ/kcal)	2837 / 678	408 / 97
Fat (g)	24	3
Sat. Fat (g)	12	2
Carbohydrate (g)	73	11
Sugars (g)	23	3
Protein (g)	33	5
Salt (g)	5.02	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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