



RAINBOW PEPPER FAJITAS

with Refried Beans and Citrus Sour Cream



HELLO CUMIN

Couples in the Middle Ages carried this spice on their wedding day as a lucky charm for a happy marriage.



Red Pepper



Yellow Pepper



Green Pepper



Red Onion



Coriander



Mixed Beans



Cumin



Chilli Flakes



Tomato Purée



Lime



Sour Cream



Whole Wheat Soft Tortilla



Rocket



Veggie

Enjoy within 3 days

35 mins

5 of your 5 a day

Medium heat

Fajitas always go down a treat at the Fresh Farm. Mexican food combines clean citrus flavours and warm spices, and is texturally exciting too with soft beans brushing up against crunchy peppers. For this simple recipe you'll be knocking up your own refried beans. It's so good we might end up coming over for dinner ourselves!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Sieve**, some **Baking Paper**, a **Baking Tray**, **Frying Pan** (with a **Lid**), **Measuring Jug**, **Fine Grater** and **Potato Masher**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Halve, then remove the cores from the **peppers** and cut into 1cm wide slices. Halve, peel and finely chop the **red onion**. Roughly chop the **coriander** (stalks and all). Drain and rinse the **mixed beans** in a sieve.



2 ROAST THE PEPPERS

Spread the **peppers** out on a lined baking tray. Drizzle over a little **oil** and season with a pinch of **salt** and a good grind of **black pepper**. Roast on the top shelf of your oven until soft and a little crispy round the edges, 20-25 mins. **★ TIP:** *If the peppers are done before you're finished with everything else, just take them out of your oven to wait, then pop them back in to warm through for a couple of minutes before serving.*



3 COOK THE BEANS

Heat a splash of **oil** in a frying pan over medium heat and add the **onion**. Cook until soft, 5 mins. Add the **mixed beans**, **cumin**, a small pinch of **chilli flakes** (add more if you like spice, and less if you don't!) **tomato purée** and **water** (amount specified in the ingredient list). Season with a pinch of **salt** and **black pepper**. Stir together then cook with the lid on for 15 mins, until the beans start to break down.



4 MIX THE SOUR CREAM

Zest the **lime** and stir a pinch of the zest into the **sour cream**, then cut the **lime** in half and squeeze a little **juice** in too. Not too much! Add a little **salt** and a grind of **pepper** and mix well. Check the level of seasoning and adjust if necessary. Keep to one side.



5 REFRY THE BEANS

To make the refried beans, remove one half of the **bean mixture** to a bowl. Mash the rest in the pan to a paste using a potato masher (or the back of a fork). Add back the **reserved beans** along with **half** the **coriander**. Taste and add a little more **salt** if necessary.



6 TIME TO EAT!

Put the **tortillas** in your oven to warm for 2 mins (heat up the **peppers** at this stage too if necessary). Toss the **rocket** in a little leftover **lime juice**, a drizzle of **olive oil** and some **salt** and **black pepper**. Serve the **peppers**, **refried beans**, **citrus sour cream**, **rocket** and **remaining coriander** in separate bowls so everyone can dive in and create their own **fajitas**. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Pepper, sliced	1
Yellow Pepper, sliced	1
Green Pepper, sliced	1
Red Onion, chopped	1
Coriander, chopped	1 Small bunch
Mixed Beans	1 tin
Cumin	1 tsp
Chilli Flakes	¼ tsp
Tomato Purée	15g
Water*	100ml
Lime	½
Sour Cream 7)	½ pot
Whole Wheat Soft Tortilla 13)	4
Rocket	1 bag

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 667G	PER 100G
Energy (kcal)	464	74
(kJ)	1946	310
Fat (g)	14	2
Sat. Fat (g)	5	1
Carbohydrate (g)	62	10
Sugars (g)	19	3
Protein (g)	18	3
Salt (g)	1.72	0.27

ALLERGENS

7) Milk 13) Gluten

Whole Wheat Soft Tortilla: Flour blend (**Wheat** (45%) whole **wheat**, **wheat** bran), water, rapeseed oil, humectants (E422), sourdough powder (**Wheat** (1.1%), salt, emulsifier (E471), acid (citric acid), raising agent (sodium bicarbonate), stabiliser (E415). **Wheat** gluten. Contains 24% whole grain, equivalent to 30% of the dry weight.

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

👍 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 or get in touch via: **0207 138 9055** | **hello@hellofresh.co.uk**

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