



Smoky Mexican Style Bean Stew

with Roasted Peppers, Feta and Tortilla Chips

Classic 35 Minutes • Medium Spice • 2 of your 5 a day

19



Red Onion



Bell Pepper



Garlic Clove



Spring Onion



Lime



Mixed Beans



Chipotle Paste



Smoked Paprika



Tomato Puree



Chopped Tomatoes



Vegetable Stock Paste



Wholewheat Tortilla



Feta Cheese



Diced Chicken Breast



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.


Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Garlic Press, Sieve, Baking Tray, 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
Mixed Beans	1 carton	1½ cartons	2 cartons
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Smoked Paprika	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Wholewheat Tortilla 13	2	3	4
Feta Cheese 7 **	50g	75g	100g
 Diced Chicken Breast**	280g	420g	560g

*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	672g	100g
Energy (kJ/kcal)	1968 /470	293 /70
Fat (g)	12	2
Sat. Fat (g)	6	1
Carbohydrate (g)	62	9
Sugars (g)	23	3
Protein (g)	23	3
Salt (g)	2.75	0.41
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	812g	100g
Energy (kJ/kcal)	2630 /629	324 /77
Fat (g)	15	2
Sat. Fat (g)	6	1
Carbohydrate (g)	62	8
Sugars (g)	23	3
Protein (g)	57	7
Salt (g)	2.89	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).


Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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The Fresh Farm

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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 onions**. Cut the **lime** into **wedges**. Drain and rinse the **mixed 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 **garlic**, **chipotle paste**, **smoked paprika** and **tomato puree** and cook, stirring, for 1 minute. **TIP:** Add less chipotle paste if you don't like spice. Add the **chopped tomatoes** with the **vegetable stock paste** and a splash of **water**. Season with **salt** and **pepper**, and a pinch of **sugar**. Stir in the **mixed beans**. Lower the heat and simmer until thickened, 8-10 mins. Stir occasionally.



CUSTOM RECIPE

If you have added **diced chicken breast** to your recipe, add it to the pan when you add the **onion**. Continue with the recipe as instructed. **IMPORTANT:** Wash your hands after handling chicken and its packaging. The chicken is cooked when it is no longer pink in the middle.



Make the Tortilla Chips

While the **stew** cooks, make the **tortilla chips** - using some clean scissors, cut each **tortilla** into eight triangles. Place the **chips** on a baking tray and drizzle over some **oil**. Season with **salt** and **pepper**, then spread them out in a single layer. Bake on the top shelf of your oven until golden, 4-5 mins. **TIP:** Keep an eye on them to make sure they don't burn.



Finish the Stew

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



Serve

Divide the **stew** between bowls and top with the **feta** and sliced **spring onion**. Serve with **lime wedges** for squeezing over and **tortilla chips** alongside for dipping.

Enjoy!