



Spicy Mexican Style Bean Stew

with Roasted Peppers and Tortilla Chips

23

Calorie Smart 35 Minutes • Medium Spice • 2 of your 5 a day • Veggie • Under 600 Calories



Red Onion



Bell Pepper



Garlic Clove



Spring Onion



Lime



Mixed Beans



Chipotle Paste



Smoked Paprika



Tomato Puree



Chopped Tomatoes



Vegetable Stock Paste



Tortilla



Greek Style Salad Cheese

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 and 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
Tortilla 13)	2	3	4
Greek Style Salad Cheese** 7)	50g	75g	100g

*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	661g	100g
Energy (kJ/kcal)	1907 /456	289 /69
Fat (g)	12	2
Sat. Fat (g)	6	1
Carbohydrate (g)	63	10
Sugars (g)	24	4
Protein (g)	22	3
Salt (g)	4.01	0.61

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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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 onion**.

Cut the **lime** into **wedges**.

Drain and rinse the **mixed beans** in a sieve.



Make the Tortilla Chips

While the stew cooks, cut each **tortilla** into 8 triangles (use scissors if easier).

Place on a large baking tray in a single layer and drizzle with **oil** (use two trays if necessary). Season with **salt** and **pepper**.

Bake on the top shelf of your oven until lightly golden brown and crisp, 6-8 mins. **TIP:** *Keep an eye on them to make sure they colour evenly.*

Scan to get your exact PersonalPoints™ value



10-12



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.



Finish the Stew

Once the **peppers** are roasted, add them to the **stew** and stir through.

Add a splash of **water** to loosen if you need to. Taste and season with **salt** and **pepper**.

Crumble the **Greek style salad cheese** into small pieces.



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 **chipotle paste**, **smoked paprika**, **garlic** and **tomato puree** and cook, stirring, 30 secs. **TIP:** *Add less chipotle paste if you don't like heat.*

Pour in the **chopped tomatoes**, **vegetable stock paste** and a splash of **water**. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Stir in the **mixed beans**. Lower the heat and simmer until thickened, 8-10 mins. Stir occasionally.



Serve

Divide the **stew** between bowls and top with the **Greek style salad cheese** and sliced **spring onion**.

Serve with **lime wedges** for squeezing over and **tortilla chips** alongside for dipping.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.