

# Spicy Mexican Style Bean Stew

with Aubergine and Homemade Tortilla Chips

**Classic** 30-35 Minutes • Medium Spice • 3 of your 5 a day • Veggie



Aubergine



Garlic Clove



Lime



Mixed Beans



Chipotle Paste



Cajun Spice Mix



Chopped Tomatoes



Vegetable Stock Paste



Plain Taco Tortilla



Greek Style Salad Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, sieve, baking tray and saucepan.

## Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Garlic Clove**	1	2	2
Lime**	½	¾	1
Mixed Beans	1 carton	1½ cartons	2 cartons
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Plain Taco Tortilla <b>13)</b>	2	3	4
Greek Style Salad Cheese** <b>7)</b>	50g	100g	100g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>566g</b>	<b>100g</b>
Energy (kJ/kcal)	1649 /394	291 /70
Fat (g)	10.6	1.9
Sat. Fat (g)	5.4	1.0
Carbohydrate (g)	48.2	8.5
Sugars (g)	18.3	3.2
Protein (g)	20.2	3.6
Salt (g)	4.53	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Prepped

Preheat your oven to 200°C.

Trim the **aubergine**, then chop roughly into 2cm pieces.

Peel and grate the **garlic** (or use a garlic press). 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, 5-7 mins. **TIP:** *Keep an eye on them to make sure they colour evenly.*



## Roast the Aubergine

Pop the **aubergine** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the middle shelf until soft and golden, 20-25 mins. Turn halfway through.



## Finish the Stew

Once the **aubergine** is roasted, stir it into the **stew**. 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 frying pan on medium-high heat.

Once hot, add the **chipotle paste**, **Cajun spice mix** and **garlic**. Cook, stirring, for 30 secs. **TIP:** *Add less chipotle paste if you don't like too much heat.*

Stir 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), then stir in the **mixed beans**.

Lower the heat and simmer until thickened, 8-10 mins. Stir occasionally.



## Serve

Divide the **stew** between your bowls and top with the **Greek style salad cheese**.

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

## Enjoy!