



Veggie Black Bean and Cheddar Fajitas

with Chipotle Soured Cream and Pickled Spring Onion

Rapid 20 Minutes • Mild Spice • 2 of your 5 a day • Veggie

18



Green Pepper



Spring Onion



Garlic Clove



Black Beans



Lime



Mature Cheddar
Cheese



Mexican Style
Spice Mix



Plain Taco Tortilla



Soured Cream



Chipotle Paste

Pantry Items
Sugar

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, bowl, frying pan, grater and baking tray.

Ingredients

	2P	3P	4P
Green Pepper**	1	2	2
Spring Onion**	1	1	2
Garlic Clove**	1	1	2
Black Beans	1 carton	1½ cartons	2 cartons
Lime**	1	1	1
Sugar for the Pickle*	½ tsp	½ tsp	1 tsp
Mature Cheddar Cheese** 7)	60g	90g	120g
Mexican Style Spice Mix	2 sachets	2 sachets	4 sachets
Water for the Sauce*	50ml	75ml	100ml
Plain Taco Tortilla 13)	6	9	12
Soured Cream** 7)	75g	150g	150g
Chipotle Paste	½ sachet	1 sachet	1 sachet

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	428g	100g
Energy (kJ/kcal)	2718 /650	636 /152
Fat (g)	26.8	6.3
Sat. Fat (g)	14.5	3.4
Carbohydrate (g)	78.0	18.3
Sugars (g)	7.1	1.7
Protein (g)	21.8	5.1
Salt (g)	2.23	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **black beans** in a sieve. Pop **half** into a bowl and roughly mash with the back of a fork.



Make the Fajita Filling

- Once the **pepper** has softened, add the **Mexican style spice mix, garlic, black beans** (whole and crushed) and **water for the sauce** (see ingredients for amount).
- Cook, stirring, until the **liquid** has reduced and the **mixture** has thickened slightly, 1-2 mins.
- Once the **fajita filling** is ready, squeeze in some **lime juice** and season with **salt** and **pepper**. Mix together well, then take off the heat.



Pickle and Fry

- Halve the **lime**.
- Pop the **spring onion** into a small bowl. Squeeze in the **juice** from **half** the **lime** and season with **salt**. Add the **sugar for the pickle** (see ingredients for amount) and mix well. Set the **pickle** aside.
- Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **pepper** and stir-fry until just soft, 3-4 mins.



Finishing Touches

- Meanwhile, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.
- In another small bowl, mix together the **soured cream** and **chipotle paste** (see ingredients for amount - use less if you don't like too much heat).
- Cut any remaining **lime** into wedges.



Cheese Please

- Meanwhile, grate the **cheese**.



Assemble and Serve

- Once everything is ready, lay your **tortillas** onto your plates (3 per person).
- Spread over a spoonful of the **chipotle soured cream**, then top with the **fajita filling** - as much as you'd like.
- Sprinkle over the **cheese** and finish with the **pickled spring onion**.
- Serve any remaining **lime wedges** alongside for squeezing over.

Enjoy!