






Hello  
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## Mexican Black Bean and Buckwheat Bake with Crème Fraîche

\*Drum rolllllll!\* Making a rare appearance, the star of tonight's dish is ultra nutritious, super tasty buckwheat! Buckwheat is actually a seed related to rhubarb and quite apart from its delicious, nutty flavour it is absolutely chock full of nutrition. Slow-burning to keep your energy levels constant, it also contains magnesium which can help lower blood pressure and aid delivery of nutrients around the body. If you like to spice things up then use all of the chilli!

 35 mins

 2 of your 5 a day

 veggie

 spicy

 mealkit



Red Pepper  
(1)



Yellow Pepper  
(½)



Water  
(275ml)



Vegetable Stock Pot  
(½)



Buckwheat  
(150g)



Red Onion  
(½)



Garlic Clove  
(2)



Green Chilli  
(½)



Cheddar Cheese  
(60g)



Chives  
(½ bunch)



Cumin  
(½ tsp)



Mild Paprika  
(½ tsp)



Cinnamon  
(½ tsp)



Black Beans  
(1 tin)




Crème Fraîche  
(1 pot)

## 2 PEOPLE INGREDIENTS

- Red Pepper, chopped 1
- Yellow Pepper, chopped ½
- Water 275ml
- Vegetable Stock Pot ½
- Buckwheat 150g
- Red Onion, chopped ½
- Garlic Clove, chopped 2
- Green Chilli, chopped ½

- Cheddar Cheese 60g
- Chives, chopped ½ bunch
- Cumin ½ tsp
- Mild Paprika ½ tsp
- Cinnamon ½ tsp
- Black Beans 1 tin
- Crème Fraîche 1 pot

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Like other legumes, black beans contain an almost magical ratio of fibre to protein.

**Allergens:** Milk, Celery, Sulphites.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	724 kcal / 3065 kJ	26 g	16 g	91 g	7 g	33 g	1 g
Per 100g	88 kcal / 373 kJ	3 g	2 g	11 g	1 g	4 g	0 g

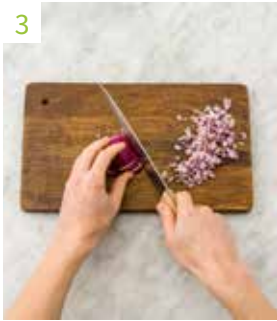
**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



1 Preheat your oven to 220 degrees. Remove the core from the **peppers** and chop into bite-sized chunks. Toss the **peppers** in a splash of **olive oil**, place on a lined baking tray and cook on the top shelf of your oven for 15 mins. **Tip:** *The peppers are ready when slightly crispy at the edges - keep an eye on them.*

3



2 In a pot, boil the **water** (amount specified in the ingredient list) with the **vegetable stock pot**. Add the **buckwheat**. Gently boil until the top of the buckwheat starts to come out of the water, then place a lid on the pot. Leave on the lowest heat for 10 mins before removing (don't touch the lid until serving).

3 Peel and finely chop the **red onion** and **garlic**. Finely chop the **green chilli**. Grate the **cheese**. Roughly chop the **chives** or snip with a pair of scissors.

4 Heat a splash of **olive oil** in a non-stick frying pan on medium heat. Once hot, add in your **red onion**, **garlic** and **chilli**. **Tip:** *The chilli is a bit cheeky so add less if you don't want too much heat.* Cook for around 5 mins until soft (but not coloured).

5



5 Add the **cumin**, **paprika** and **cinnamon** and cook for 1 minute more (if you're not a huge fan of cinnamon, just add half!). Drain and rinse the **black beans** before tipping into the pan. Stir together with a pinch of **salt** and a few grinds of **black pepper**. Cook for another minute and then remove from the heat until your buckwheat is ready.

6 Once your **buckwheat** is done (it should be dry not soggy), fluff it up with a fork to separate the grains and then stir into your **black bean mixture**, together with your **peppers**. Stir through half the **crème fraîche**, test for seasoning and add more **salt** if necessary.

7



7 Tip your **black bean mixture** into an ovenproof dish and top with your **cheese**. Place on the highest shelf of your oven until the top is beautifully golden and crisp.

8 Serve with a big dollop of **crème fraîche**, a scattering of **chives** and a big welcoming smile!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!