



MEXICAN BLACK BEAN BAKE

with Buckwheat and Crème Fraîche



HELLO CINNAMON

Cinnamon is made from the peeled and dried bark of the cinnamomum verum tree!



Red Pepper



Yellow Pepper



Water



Vegetable Stock Pot



Buckwheat



Red Onion



Green Chilli



Cheddar Cheese



Chives



Black Beans



Cumin



Mild Paprika



Cinnamon



Crème Fraîche

MEAL BAG

40 mins

Veggie

4 of your 5 a day

Medium Heat

The star of tonight's dish is ultra nutritious, super-tasty buckwheat. It's misleadingly named since it's not wheat at all. It's not even a grain. In fact, it's a seed and is related to rhubarb! It's popular in Japan in the form of soba noodles and the French turn it into savoury pancakes called 'galettes'. We love buckwheat's nutty flavour and today we'll be enjoying it in this Mexican-inspired bake.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Baking Paper, Measuring Jug, Large Saucepan** (with a **Lid**), **Coarse Grater, Sieve, Frying Pan** and **Ovenproof Dish**. Now, let's get cooking!



1 ROAST THE PEPPERS

Preheat your oven to 220°C. Halve, then remove the cores from the **red** and **yellow peppers** and chop into 2cm pieces. Place the **peppers** on a lined baking tray and drizzle over a splash of **oil**. Roast on the top shelf of your oven until slightly crispy at the edges, 15 mins.



2 COOK THE BUCKWHEAT

Meanwhile, boil the **water** (amount specified in the ingredient list) in a large saucepan and stir in the **vegetable stock pot**. Add the **buckwheat**. Bring back to the boil and cover with a lid. Cook on medium heat for 10 mins. Then remove from the heat and set aside (don't take off the lid!). **★ TIP:** *The buckwheat is cooked when soft enough to eat - it won't be mushy though, it should retain a slight nuttiness!*



3 PREP THE VEGGIES

Halve, peel and finely chop the **red onion**. Halve the **green chilli** lengthways, deseed and finely chop. Grate the **cheddar cheese**. Roughly chop the **chives** or snip them with a pair of scissors. Drain and rinse the **black beans** in a sieve.



4 FRY THE BEANS

Heat a splash of **olive oil** in a frying pan on medium heat. Add the **onion** and cook until softened, 5 mins. Add the **chilli, cumin, paprika** and **cinnamon**. Cook for 1 minute more. **★ TIP:** *Some like it hot but if you don't, just add less chilli!*

Add the **black beans** and season with **salt** and **black pepper**. Cook for 1 minute more, then remove from the heat.



5 COMBINE

Once the **buckwheat** is done (it should be dry not soggy), fluff it up with a fork to separate the grains. Combine with your **black bean mixture**. Add the **roasted peppers** and stir through **half** the **crème fraîche**. Taste for seasoning and add more **salt** or **black pepper** if necessary.



6 FINISH AND SERVE

Tip the **buckwheat** and **black bean mixture** into an ovenproof dish and top with the **cheese**. Place on the top shelf of your oven. Bake until the top is beautifully golden and crisp, about 10 mins. Serve with a big dollop of **crème fraîche** and a scattering of **chives**. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Pepper, chopped	1
Yellow Pepper, chopped	1
Water*	275ml
Vegetable Stock Pot 9) 12)	½
Buckwheat	150g
Red Onion, chopped	1
Green Chilli, chopped	½
Cheddar Cheese, grated 7)	60g
Chives, chopped	½ bunch
Black Beans	1 tin
Cumin	½ tsp
Mild Paprika	½ tsp
Cinnamon	½ tsp
Crème Fraîche 7)	1 small pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	690	128
(kJ)	2892	536
Fat (g)	29	5
Sat. Fat (g)	18	3
Carbohydrate (g)	81	15
Sugars (g)	15	3
Protein (g)	23	4
Salt (g)	1.94	0.36

ALLERGENS

1)Gluten 7)Milk 9)Celery 12)Sulphites

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.**

👍 THUMBS UP OR THUMBS DOWN?

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