



Portobello Mushroom Fajita

with Refried Beans and Sriracha Salsa

BALANCED 30 Minutes • Under 600 Calories • Medium Heat • 4 of your 5 a day • Veggie



Portobello Mushroom



Red Onion



Garlic Clove



Baby Gem Lettuce



Black Beans



Baby Plum Tomatoes



Sriracha



Cheddar Cheese



Mexican Spice



Vegetable Stock Powder



Wholemeal Tortilla

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press), Sieve, Coarse Grater, Frying Pan, Measuring Jug and Potato Masher.

Ingredients

	2P	3P	4P
Portobello Mushroom**	1 large punnet	1 large & 1 small punnet	2 large punnets
Red Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Baby Gem Lettuce**	1	1	2
Black Beans	1 carton	1½ cartons	2 cartons
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Sriracha	1 sachet	1½ sachets	2 sachets
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Mexican Spice	1 small sachet	¾ large sachet	1 large sachet
Water for the Beans*	150ml	225ml	300ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Wholemeal Tortilla 13)	4	6	8

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	632g	100g
Energy (kJ/kcal)	2287 /547	362 /87
Fat (g)	12	2
Sat. Fat (g)	4	1
Carbohydrate (g)	74	12
Sugars (g)	12	2
Protein (g)	25	4
Salt (g)	3.52	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard,

Contact

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The Fresh Farm

60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Roast the Mushroom

Preheat the oven to 200°C. Place the **portobello mushrooms** onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Pop the baking tray onto the top shelf of the oven. Roast until tender, 20-25 mins.



4. Make the Filling

Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **onion**. Cook until softened and lightly coloured, 5-6 mins, then stir in the **garlic** and **Mexican spice mix** (don't add it all if you don't like too much heat!). Cook for 1 more minute, then add the **beans**, **water** (see ingredients for amount) and **stock powder** to the pan. Stir everything together and cook until the **beans** begin to break down, 5-6 mins.



2. Prepare the Filling

While the mushrooms cook, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Drain and rinse the **black beans** in a sieve.



5. Crush the Beans

After 5-6 mins, break up **half** of the **beans** with a potato masher (or the back of a fork) and continue simmering until the **beans** have thickened, 3-5 mins. Remove the pan from the heat and season with **salt** and **pepper** to taste. Place the **tortillas** onto the middle shelf of the oven to warm through, 1-2 mins.



3. Make the Salsa

Roughly chop the **tomatoes** into very small pieces. Place in a bowl, making sure you don't leave behind any of the delicious **tomato juices**. Add a drizzle of **olive oil** and squeeze in the **sriracha**. **TIP:** Be careful it's hot, just add a little to start. Season with **salt** and **pepper** to taste and set to one side. Grate the **cheddar cheese** and set aside.



6. Fajita Time!

Just before you're ready to serve, thinly slice the **mushrooms** (take care, they're hot!) and add their **roasting juices** to the **bean filling** to add some extra flavour. Once everything is ready, pop the **tortillas** on a plate and fill them with the **lettuce** and **beans**. Top with the roasted **mushroom** slices on top and spoon over the **tomato salsa**. Sprinkle over the **cheese** and roll up!

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Salt • Low Sugar

Featured Ingredient: *Mushrooms belong to the fungi kingdom, and are very low in calories and fat. Mushrooms are rich in B vitamins and Folate. Folate contributes to normal blood formation.*

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.