



Smoky Mexican-Style Bean Stew

with Roasted Peppers, Feta and Tortilla Chips

Calorie Smart 35 Minutes • Under 600 Calories • Medium Spice • Veggie

17



Red Onion



Bell Pepper



Garlic Clove



Spring Onion



Lime



Mixed Beans



Chipotle Paste



Smoked Paprika



Tomato Purée



Chopped Tomatoes



Vegetable Stock Powder



Wholemeal Tortilla



Feta Cheese

Before you start

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

Cooking tools, you will need:

Fine Grater (or Garlic Press), Sieve, Two Baking Trays and Saucepan.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	2	3	4
Garlic Clove**	1 clove	2 cloves	2 cloves
Spring Onion**	2	3	4
Lime**	½	¾	1
Mixed Beans	1 carton	1½ cartons	2 cartons
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Smoked Paprika	1 pot	1 pot	2 pot
Tomato Purée	1 sachet	1½ sachets	2 sachets
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Wholemeal Tortilla 13	2	3	4
Feta Cheese 7 **	½ block	¾ block	1 block

*Not Included **Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

for uncooked ingredient	Per serving	Per 100g
	680g	100g
Energy (kJ/kcal)	1969 /471	290 /69
Fat (g)	11	2
Sat. Fat (g)	5	1
Carbohydrate (g)	63	9
Sugars (g)	25	4
Protein (g)	23	3
Salt (g)	2.89	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10)** Celery **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped!

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**. Halve the **peppers** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Trim the **spring onions** then slice thinly. Cut the **lime** into wedges. Drain and rinse the mixed **beans** in a sieve.



Roast the Peppers

Pop the **peppers** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out in a single layer. Roast on the middle shelf of your oven until golden and soft, 15-17 mins.



Start the Stew

Meanwhile, heat a drizzle of **oil** in a large saucepan over medium-high heat. Once hot, add the **red onion** and cook, stirring occasionally, until soft, 4-5 mins. Add the **garlic**, **chipotle paste**, **smoked paprika** and **tomato purée** and cook, stirring, for 1 minute. **TIP:** Add less chipotle paste if you don't like spice. Add the **chopped tomatoes** with the **vegetable stock powder** and a splash of **water**. Season with **salt** and **pepper**, and a pinch of **sugar**. Stir in the **mixed beans**. Lower the heat and simmer until thickened, 8-10 mins. Stir occasionally.



Make the Tortilla Chips

While the **stew** cooks, make the **tortilla chips**. Using some scissors, cut each **tortilla** into eight triangles (we used one tortilla per person but if you want to use two, that's fine - you have enough). Place the **chips** on a baking tray and drizzle over some **oil**. Season with **salt** and **pepper**, then spread them out in a single layer. Bake on the top shelf of your oven until golden, 4-5 mins. **TIP:** Keep an eye on them to make sure they don't burn!



Finish the Stew

Once the **peppers** have roasted, add them to the **stew** and stir through. Add a splash of **water** to loosen everything up if you need to. Taste and season with **salt** and **pepper**. Crumble the **feta** into small pieces.



Serve!

Divide the **stew** between bowls and top with the **feta** and sliced **spring onion**. Serve with **lime wedges** for squeezing over and the **tortilla chips** alongside for dipping.

Enjoy!

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.