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Mexican Bean Burritos with Jalapeños

Have no fear, our heroic bean burritos are here! Don't let the disguise fool you, these delicious Mexican tortillas are packed full of healthy, crunchy delights. They're whipped up faster than a speeding bullet too, so there's a lot to love, especially the tangy, feisty jalapeños.

 **Prep:** 10 mins
 **Cook:** 10 mins
Total: 20 mins
 **one pan wonder**

 level 1
 spicy

Pantry Items



Olive Oil



Red Onion



Garlic



Mexican Spice Mix



Red Kidney Beans



Tortillas



Gem Lettuce



Tomato



Cheddar Cheese



Jalapeños



Lime



Coriander

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2P	4P	Ingredients
2 tsp	1 tbs	olive oil *
½	1	red onion, finely sliced
1 clove	2 cloves	garlic, peeled & crushed
1 tsp	2 tsp	Mexican spice mix (recommended amount)
1 tin	2 tins	red kidney beans, drained & rinsed
4	8	tortillas
1 head	2 heads	gem lettuce, finely shredded
1	2	tomato, diced
1 block	2 blocks	cheddar cheese, grated
1 tbs	2 tbs	drained Jalapeños
1	2	lime, sliced into wedges
½ bunch	1 bunch	coriander, leaves picked

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2430	Kj
Protein	23	g
Fat, total	21.8	g
-saturated	6.9	g
Carbohydrate	65.1	g
-sugars	7.2	g
Sodium	1150	mg



You will need: chef's knife, chopping board, garlic crusher, sieve, box grater, aluminium foil, and a medium frying pan.

1 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes** or until soft. Add the **garlic** and **Mexican spice mix** and cook for **1 minute**, stirring, until fragrant. Add the **red kidney beans** and cook, stirring, for **2 minutes**, or until coated in spice and heated through.



2 Meanwhile, heat the **tortillas** in the Microwave or wrap them in foil and place in a **180°C/160°C** fan-forced oven for **5 minutes**

3 To serve, divide the **gem lettuce**, red kidney bean mixture, **fresh tomato**, **cheddar cheese**, **jalapeños**, **lime wedges** and **coriander leaves** between tortillas and roll up into a tasty burrito.



Did you know? Jalapeño peppers are referred to as “chile gordo” in Mexico which means “fat chili pepper”.