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## Chipotle Corn on the Cob with Homemade Refried Beans

Here at The Fresh Farm we like to think that we're fairly 'down with the kids'. Last week, someone was seen wandering around in a pair of skinny jeans\* and our chef Patrick is really getting into his Mexican food. It seems the flavours of Mexico are plotting a quiet revolution in some of the trendiest restaurants right now, so we've put together this recipe to keep you at the cutting edge. The key ingredient here is chipotle - a spicy pepper which adds a fantastic earthy flavour to your veggies. Remember: you saw it here first. \*Turns out it was a cycle courier.

 35 mins

 veggie

 spicy

 eat within 3 days

 healthy



Yellow Pepper (1)



Red Pepper (1)



Coriander (½ bunch)



Red Onion (1)



Organic Mixed Beans (1 tin)



Corn on the Cob (2)



Habanero Sauce (a few drops)



Cumin (1 tsp)



Tomato Purée (1 tbsp)



Chipotle Paste (1 tsp)



Lime (1)



Hard Italian Cheese (1½ tbsp)



Avocado (1)

## 2 PEOPLE INGREDIENTS

- Yellow Pepper, sliced
- Red Pepper, sliced
- Coriander, chopped
- Red Onion, chopped
- Organic Mixed Beans
- Corn on the Cob
- Habanero Sauce

- 1**
- 1**
- ½ bunch**
- 1**
- 1 tin**
- 2**
- a few drops**

- Cumin **1 tsp**
- Tomato Purée **1 tbsp**
- Chipotle Paste **1 tsp**
- Lime **1**
- Hard Italian Cheese **1½ tbsp**
- Avocado, sliced **1**

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

### Did you know...

Every corn on the cob has an even number of rows.

**Allergens:** Sulphites, Milk.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
<b>Per serving</b>	488 kcal / 1836 kJ	21 g	5 g	44 g	15 g	25 g	1 g
<b>Per 100g</b>	69 kcal / 259 kJ	3 g	1 g	6 g	2 g	4 g	0 g



**1** Boil a large pot of water for the corn and pre-heat your oven to 220 degrees. Remove the core from each **pepper** and cut into chunky slices. Chop up the **coriander** and finely chop the **red onion**. Lastly, drain and rinse the **mixed beans**.

**2** Place the **corn** in your gently boiling water with a pinch of **salt** for 7 mins. Afterwards, drain your **corn** and leave it to the side for later.

**3** Whilst your corn cooks, coat your **pepper** in a drizzle of **olive oil** and a good pinch of **salt** and **pepper**. Put on a baking tray and place in your oven for 20 mins, or until they're soft and a little crispy around the edges.

**4** Cook your **red onion** in a non-stick frying pan on medium-low heat with a splash of **olive oil**. After 5 mins add in the **mixed beans**, **habanero sauce**, **cumin**, **tomato purée** and a glug of **water** with a pinch of **salt** and **pepper**. Cook with a lid on for 15 mins.

**5** Coat your **corn** in the **chipotle paste**, the **zest** and **juice** of the **lime** and a dash of **olive oil**. Roll your **corn** in the **hard Italian cheese** to coat it. Turn your grill to high heat. **Tip:** *If your oven and grill are combined, move your peppers down to keep warm.* Put your **corn** on another baking tray under your grill and cook it until it's nicely browned.

**6** Now to make your refried beans! Take out two-thirds of your **bean mixture** and mash up to a paste using the back of a fork. Now add your remaining **whole beans** into your **mashed beans** with half of your **coriander**. Check for seasoning and add some **salt** if necessary.

**7** Cut lengthways into the **avocado** and when you reach the stone, turn your knife around it to cut the **avocado** into two, neat halves. Pull the **avocado** apart, remove the stone and then slide a knife around the flesh to release it. Now slice the flesh lengthways.

**8** To serve, simply place your **corn** on top of your **refried beans**. Mix your **roasted peppers** with your **avocado** and your remaining **coriander** and serve this on the



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