



More Than Food
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Mexican Black Bean and Buckwheat Bake with Crème Fraîche

Drum rolllllll! Making a rare appearance, the star of tonight's dish is ultra nutritious, super tasty buckwheat! Buckwheat is actually a seed related to rhubarb and quite apart from its delicious, nutty flavour it is absolutely chock full of nutrition. Slow-burning to keep your energy levels constant, it also contains magnesium which can help lower blood pressure and aid delivery of nutrients around the body. If you like to spice things up then use all of the chilli!



35 mins



spicy



veggie



gluten free



Red Pepper (1)



Yellow Pepper (½)



Water (275ml)



Vegetable Stock Pot (½)



Buckwheat (150g)



Red Onion (½)



Garlic Clove (2)



Green Chilli (½)



Cumin (½ tsp)



Mild Paprika (½ tsp)



Cinnamon (½ tsp)



Organic Black Beans (1 tin)



Crème Fraîche (1 pot)



Cheddar Cheese (4 tbsp)



Chives (½ bunch)

2 PEOPLE INGREDIENTS

- Red Pepper, chopped
- Yellow Pepper, chopped
- Water
- Vegetable Stock pot
- Buckwheat
- Red Onion, chopped
- Garlic Clove, chopped
- Green Chillli, chopped

1
½
275ml
½
150g
½
2
½

- Cumin **½ tsp**
- Mild Paprika **½ tsp**
- Cinnamon **½ tsp**
- Organic Black Beans **1 tin**
- Crème Fraîche **1 pot**
- Cheddar Cheese **4 tbsp**
- Chives, chopped **½ bunch**

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

Did you know...

Like other legumes, black beans contain an almost magical ratio of fibre to protein.

Allergens: Celery, Sulphites, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	724 kcal / 3065 kJ	26 g	16 g	91 g	7 g	33 g	1 g
Per 100g	88 kcal / 373 kJ	3 g	2 g	11 g	1 g	4 g	0 g

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.



1 Pre-heat your oven to 220 degrees. Remove the core from the **pepper** and chop into bite-sized chunks. Toss the **pepper** in a splash of **olive oil**, place on a baking tray and cook on the top shelf of your oven for 15 mins. **Tip:** *The peppers are ready when slightly crispy at the edges - keep an eye on them.*



2 In a pot, boil the **water** (as stated in the ingredient list) with the **stock pot**. Add the **buckwheat**. Gently boil until the **buckwheat** starts to come out of the water, then place a lid on the pot. Leave on the lowest heat for 10 mins before removing (don't touch the lid until serving).

3 Peel and finely chop the **red onion** and **garlic**. Finely chop the **chilli**.



4 Heat a splash of **olive oil** in a non-stick frying pan on medium heat. Once hot, add in your **red onion**, **garlic** and **chilli**. **Tip:** *The chilli is a bit cheeky so add less if you don't want too much spice.* Cook for around 5 mins until soft (but not coloured).

5 Add in the **cumin**, **paprika** and **cinnamon** and cook for 1 minute (if you're not a huge fan of cinnamon, just add half!). Drain and rinse the **black beans** before tipping into the pan. Stir together with a pinch of **salt** and a few grinds of **black pepper**. Cook for 1 minute and then remove from the heat until the buckwheat is ready.



6 Once your **buckwheat** is done (it should be dry not soggy, place back on low heat if needed), fluff it up with a fork to separate the grains and then stir this into your **black bean mixture**, together with your **roasted peppers**. Now stir in half the **crème fraîche**, test for seasoning and add more **salt** if needed.

7 Tip the mixture into an ovenproof dish and top with the **cheese**. Place on the highest shelf of your oven until the top is beautifully golden and crisp.

8 Serve with a big dollop of **crème fraîche**, a scattering of snipped **chives** (i.e. chop them up finely with scissors) and a big welcoming smile!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!