



The joy of cooking made easy!



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Spicy Mexican beef burritos with kidney beans and fresh coriander

When you think about Mexican food, the first thing that springs to mind is a tortilla with a delicious filling. Burritos are traditionally filled with kidney beans, but when we add beef and coriander we get a perfect spicy combination. Enjoy your meal!

30 min.

Level 2



Beef



Onion



Garlic



"Burrito" spice mix



tomatoes



Coriander



Rocket Kidney



beans Wheat



tortillas Emmental



cheese



Crème fraîche

Ingredients in your box* **Serves 2** **Serves 4**

Strips of beef	approx. 200 g	approx. 400 g
Onion	1	1
Garlic	1	2
“Burrito” spice mix 15)	5 g	10 g
Tomatoes, kidney beans	1 tin	2 tins
Coriander, rocket	1 bag	1 bag
Wheat tortillas 1)	4	8
Emmental cheese 7)	2	3
Crème fraîche 7)	90 g	180 g

Good to have at hand:

Oil, salt, pepper

* Organic ingredients are important to us. If you would like to know which ingredients are organic, check out Our suppliers at HelloFresh.com.

⊕ Can also be used for other recipes as required

You will need:

Oven, kitchen roll, large frying pan, sieve, cheese grater

Allergens

1) Gluten **7)** Lactose **15)** May contain traces of allergens

Nutritional values	Energy	Fat	Saturated fats	Carbohydrate	Dietary fibre	Sugar	Protein	Salt
Portion	796 kcal/3335 KJ	34 g	19 g	65 g	13 g	15 g	40 g	5 g
100 g	132 kcal/555 KJ	6 g	3 g	11 g	2 g	3 g	7 g	1 g

Did you know...

One in seven people find that coriander tastes like soap. This is determined by the genes responsible for our sense of taste.



1 Pre-heat the oven to 200 °C top/bottom heat. Take the **tips of beef** out of the fridge and let them come to room temperature.



2 Peel and finely chop onion and garlic. Dab the **tips of beef** dry with kitchen roll. Heat 1 tsp. oil in a large frying pan on high heat and fry the **tips of beef** in it for 3-4 min. Add onion and garlic and fry for a further 1 min. or so. Add spice mix and sauté for approx. 1 min. Reduce heat and douse with **chopped** tomatoes. Cook on medium heat for a further 10-15 min., stirring 2 or 3 times. Finally season with a little salt and pepper.

3 Wash coriander, shake it dry, pluck leaves and chop them finely. Wash rocket and drain it in a sieve; chop it up a little if necessary. Grate **Emmental cheese** roughly.



4 Rinse kidney beans in a sieve with cold water and drain well. Squash lightly with a fork and add to the **beef** in the frying pan for the last 5 min. of cooking time.

5 Warm up **wheat tortillas** in the oven for approx. 1 min. Remove from the oven and distribute on flat plates. Distribute **beef** with tomato sauce in the middle of each **tortilla**. Sprinkle with rocket, coriander and **Emmental cheese**. Roll up **burritos** from one side and enjoy with a dollop of **crème fraîche**.

