



# One-pot Mexican Style Beans with sweet corn, bell peppers and grains

Veggie 35-40 mins

7



Black Beans



Bell Pepper



Onion



Mexican Style Spice Mix



Canned Corn



Chopped Tomato  
with Onion & Garlic



Couscous



Lime



Creme Fraiche



Vegetable Stock



Grated Cheddar

Pantry Items: Oil, Salt, Pepper, Water

## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Zester, Large Pot, Lid, Sieve

## Ingredients

	2P	4P
Black Beans	1 pack	2 packs
Bell Pepper	1 unit	2 units
Onion	½ unit	1 unit
Mexican Style Spice Mix	1 sachet	2 sachets
Canned Corn	1 pack	2 packs
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Couscous	100 g	200 g
Lime	1 unit	2 units
Crema Fraiche	125 g	250 g
Vegetable Stock	1 sachet	2 sachets
Grated Cheddar	50 g	100 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	755 g	100 g
Energy (kJ/kcal)	3727.9 kJ/ 891 kcal	493.8 kJ/ 118 kcal
Fat (g)	38.4 g	5.1 g
Sat. Fat (g)	22.5 g	3 g
Carbohydrate (g)	88.8 g	11.8 g
Sugars (g)	24.3 g	3.2 g
Protein (g)	30.1 g	4 g
Salt (g)	4.3 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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## Get Prepped

- Drain and rinse both the **beans** and the **corn**.
- Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.
- Halve and peel the **onion**. Chop half (double for 4p) into small pieces.
- Zest, then cut **lime** into thick wedges.



## Make the Crema

- Meanwhile, add **crema fraiche** and **lime zest** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.



## Fry the Veg

- Drizzle a little **oil** in a large pot over medium heat.
- When hot, add **onions, peppers** and **Mexican style spice mix**.
- Cook, stirring often, until softened, 3-4 mins.



## Finish and Serve

- When **couscous** is cooked, fluff it up with a fork and stir in the **cheese**.
- Mix well and season to taste with **salt** and **pepper**.
- Divide between bowls and dollop **lime crema** over the top.
- Squeeze over a **lime wedge** if you like.

## Enjoy!



## Simmer the Stew

- Add the **corn, vegetable stock, chopped tomatoes, beans** and 200ml **water** (double for 4p) to the pot.
- Bring to the boil over high heat. Once boiling, reduce heat to medium-low.
- Cover and simmer, stirring occasionally, until sauce thickens slightly for 6-8 mins.
- Mix in the **couscous** and remove from the heat. Keep covered for 8-10 mins.