



Sweet Corn and Bell Pepper Tacos

with chipotle aioli and cheese

Veggie Quick Cook 20-25 mins • Spicy

8



Chipotle Paste



Onion



Scallion



Bell Pepper



Grilling Cheese



Canned Corn



Tortilla



Aioli

Before you start

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

Cooking tools you will need

Sieve

Ingredients

	2P	4P
Chipotle Paste	½ sachet	1 sachet
Onion	1 unit	2 units
Scallion	1 unit	2 units
Bell Pepper	1 unit	2 units
Grilling Cheese	200 g	400 g
Canned Corn	1 pack	2 packs
Tortilla	4 units	8 units
Aioli	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	360 g	100 g
Energy (kJ/kcal)	2478.6 kJ/ 592.4 kcal	688.5 kJ/ 164.6 kcal
Fat (g)	41 g	11.4 g
Sat. Fat (g)	17.2 g	4.8 g
Carbohydrate (g)	25.2 g	7 g
Sugars (g)	16.1 g	4.5 g
Protein (g)	28.7 g	8 g
Salt (g)	0.9 g	0.3 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

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and thinly slice the **onion**.
- Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.
- Drain and rinse the **corn** in a sieve.
- Chop the **grilling cheese** into 2cm chunks.



Fry the Veg

- Heat a drizzle of **oil** in a large pan on medium-high heat.
- Once the **oil** is hot, add the **pepper** and **corn** and season with **salt** and **pepper**.
- Fry until the **pepper** has softened and the **corn** has coloured slightly, 4-5 mins.



Add the Onion

- Add the **onion** to the pan with the veg.
- Mix together and cook until the **onion** is softened, 3-4 mins.



Make the Aioli

- Meanwhile, add the **aioli** and half the **chipotle paste** (double for 4p) to a bowl.
- Mix together and leave to the side.
- Trim and thinly slice the **scallions**.



Fry the Cheese

- Once the veg is soft, remove to a bowl and pop the pan back on medium-high heat with a drizzle of **oil**.
- Add the **cheese** to the pan and fry until golden brown on all sides, 4-6 mins.
- Turn every minute or so. Once cooked, remove the pan from the heat.
- Meanwhile, pop half the **tortillas** (double for 4p) into the oven to warm through for 2-3 mins.



Finish and Serve

- Spread the **chipotle aioli** on each of the **tortillas**.
- Divide the veg between the tacos and finish with cubes of **cheese**.
- Sprinkle over the **scallion**.
- Dollop any remaining **aioli** on top.

Enjoy!