



Mexican Style Bacon and Bean Frijoles Charros

with Soured Cream and Cheese

Calorie Smart

Preparation time : 40 min.



- | | |
|---|--|
|  |  |
| Sweetcorn | Black Beans |
|  |  |
| Garlic Clove | Sweet Potato |
|  |  |
| Green Pepper | British Smoked Bacon Lardons |
|  |  |
| Mexican Style Spice Mix | Tomato Passata |
|  |  |
| Chicken Stock Paste | Mature Cheddar Cheese |
|  |  |
| Coriander | Soured Cream |
|  | |
| Water for the Sauce | |



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/mexican-style-bacon-and-bean-frijoles-charros-388>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Garlic Press, Grater, Pan, Sieve

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Sweetcorn (grams)	160	255	340
Black Beans (carton(s))	1	1½	2
Garlic Clove (unit(s))	2	3	4
Sweet Potato (unit(s))	1	2	2
Green Pepper (unit(s))	1	1½	2
British Smoked Bacon Lardons (grams)	90	150	180
Mexican Style Spice Mix (sachet(s))	1	1	2
Tomato Passata (carton(s))	1	1½	2
Chicken Stock Paste (grams)	10	15	20
Mature Cheddar Cheese (grams)	30	50	60
Coriander (bunch(es))	1	1	1
Soured Cream (grams)	75	150	150
Water for the Sauce (milliliter(s))	100	150	200

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2589 kJ
Energy (kcal)	619 kcal
Fat	25.4 g
of which saturates	11.4 g
Carbohydrate	60.7 g
of which sugars	20.2 g
Dietary Fibre	20.2 g
Protein	28.5 g
Salt	4.14 g

Allergens

Milk, May contain traces of allergens, Celery

Always check the product labels for allergen information.



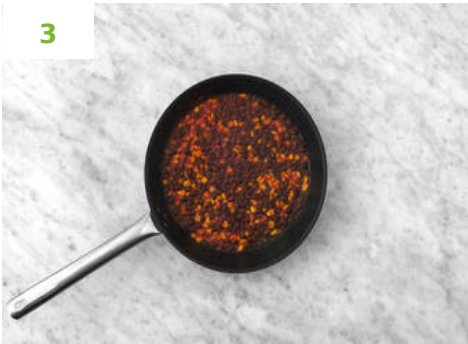
Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7. Drain and rinse the **sweetcorn** and **black beans** in a sieve. Peel and grate the **garlic** (or use a garlic press). Chop the **sweet potato** into 2cm chunks (no need to peel). Halve the **green pepper** and discard the core and seeds. Slice into thin strips. Put the **sweet potato chunks** and **sliced pepper** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Bring on the Bacon

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **bacon lardons**. Fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly. Once the **bacon** is golden, add the **garlic** and **Mexican style spice mix**. Stir-fry for 30 secs.



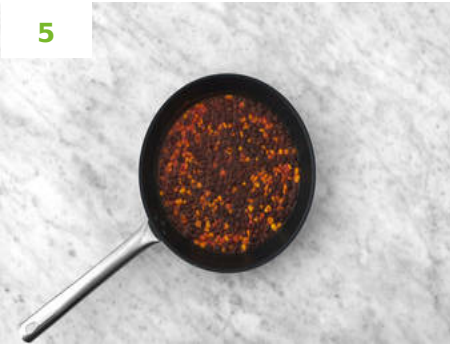
Simmer Time

Next, stir in the **passata**, **chicken stock paste** and **water for the sauce** (see pantry for amount). Add a pinch of **sugar** (if you have any). Bring to the boil, then stir in the **black beans** and **corn**. Lower the heat and simmer until slightly thickened, 5-6 mins. Stir occasionally.



Cheese Please

In the meantime, grate the **cheese**. Roughly chop the **coriander** (stalks and all).



Season the Beans

Once the **sauce** has thickened, season with **salt** and **pepper**, then remove from the heat. Cover to keep warm.



Serve

Once the **sweet potato** and **pepper** are ready, stir through the **beans**. Reheat if needed, then spoon the **beans** into your serving bowls. Top with the **cheese**, **soured cream** and **coriander** to finish.

Enjoy your meal!