



# Sweetcorn and Bell Pepper Tacos

with chipotle aioli and fresh guacamole

Veggie Quick Cook 20 – 25 mins • Spicy

21



Grilling Cheese



Bell Pepper



Sweetcorn



Chipotle Paste



Scallion



Tortilla



Aioli



Avocado

Pantry Items: Oil, Salt, Pepper, Water



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## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Sieve

## Ingredients

	2P	4P
Grilling Cheese	200 g	400 g
Bell Pepper	1 unit	2 units
Sweetcorn	1 pack	2 packs
Chipotle Paste	1 sachet	2 sachets
Scallion	1 unit	2 units
Tortilla	8 units	16 units
Aioli	1 sachet	2 sachets
Avocado	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	507 g	100 g
Energy (kJ/kcal)	4457 kJ/ 1065 kcal	879 kJ/ 210 kcal
Fat (g)	67.3 g	13.3 g
Sat. Fat (g)	25.2 g	5 g
Carbohydrate (g)	81.2 g	16 g
Sugars (g)	18.1 g	3.6 g
Protein (g)	39.4 g	7.8 g
Salt (g)	5.5 g	1.1 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## 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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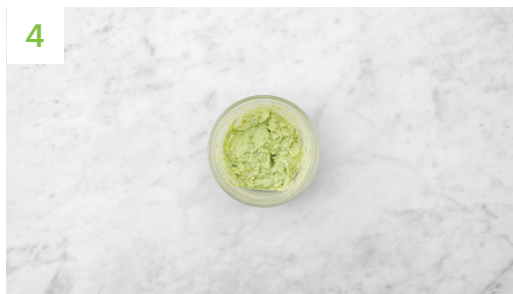
You can recycle me!



## Get Prepped

- Preheat your oven (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.
- Drain and rinse the **corn** in a sieve.
- Drain the **cheese** then cut into slices (3 per person). Add to a bowl of cold **water**.
- Trim and thinly slice the **scallion**.

**TIP:** To avoid turning on your oven, dry-fry the tortillas in a pan instead.



## Smash the Avocado

- Halve the **avocado** and remove the pit.
- Use a tablespoon to scoop the flesh out into a bowl.
- Mash with a fork and season to taste with **salt** and **pepper**.



## Fry the Veg

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once 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.
- Once charred, remove from the pan and cover to keep warm.



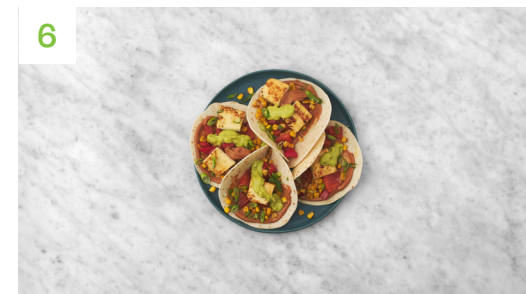
## Char the Cheese

- Return the pan to medium-high heat with a drizzle of **oil**.
- Remove the **cheese** slices from the **water** and pat dry with kitchen paper.
- Once hot, add the **cheese** and fry until golden, 2-3 mins each side.
- Once cooked, remove the pan from the heat.
- Meanwhile, pop **tortillas** into the oven to warm through for 2-3 mins.



## Make the Aioli

- Meanwhile, add the **aioli** and **chipotle paste** to a bowl.
- Mix together and leave to the side.



## Finish and Serve

- Halve each **cheese** slice widthways.
- Spread chipotle **aioli** over each of the **tortillas**.
- Divide the veg between the **tortillas** and finish with golden fried **cheese**.
- Sprinkle over the **scallion**.
- Finish with a generous helping of guacamole and any remaining **aioli**.

Enjoy!