



Bell Pepper Jack O'lanterns with mummified potatoes

40 – 45 mins

22



Beef Mince



Chorizo



Bell Pepper



Garlic



Central American
Style Spice Mix



Grated Cheese



Baby Potatoes



Tomato Paste



Creme Fraiche



Sweetcorn



Tomato



Coriander

Pantry Items: Sugar, Salt, Pepper, Oil, Water



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2024-W44

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

Baking sheet with baking paper, grater, sieve

Ingredients

	2P	4P
Beef Mince	240 g	480 g
Chorizo	100 g	200 g
Bell Pepper	2 units	4 units
Garlic	2 units	4 units
Central American Style Spice Mix	2 sachets	4 sachets
Grated Cheese	50 g	100 g
Baby Potatoes	500 g	1000 g
Tomato Paste	1 tin	2 tins
Crema Fraiche	65 g	110 g
Sweetcorn	1 pack	2 packs
Tomato	2 units	4 units
Coriander	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	858 g	100 g
Energy (kJ/kcal)	4167.3 kJ/ 996 kcal	485.7 kJ/ 116.1 kcal
Fat (g)	50.9 g	5.9 g
Sat. Fat (g)	24.6 g	2.9 g
Carbohydrate (g)	84 g	9.8 g
Sugars (g)	27 g	3.1 g
Protein (g)	54.6 g	6.4 g
Salt (g)	4.4 g	0.5 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.

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Roast the Potatoes

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Halve the **potatoes** lengthways, quartering any larger pieces.
- Pop onto a lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**.
- Rub the **oil** over the **potatoes** then lay them cut-side down on **one-half** of the baking tray (leaving room for the peppers).
- Roast on the top shelf of the oven until golden, 25-35 mins.



Fry the Filling

- Place a pan over medium-high heat (without oil).
- Fry the **beef** and **chorizo** until browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat. Meat is cooked when no longer pink in the middle.
- Add **Central American spice** and **garlic**. Fry for 30 secs.
- Add **tomato paste**, ½ tsp **sugar** (per 2P) and 75ml **water** (per 2P). Cook for 2-3 mins. Season to taste with **salt** and **pepper**.

TIP: Add a splash of water if you feel the mince is too dry.



Pre-cook the Pepper

- Cut the caps off the **peppers** and remove the core and seeds (reserve the caps for serving).
- To create your Jack O'Lanterns, carefully cut out scary faces with a knife.
- When the **potatoes** have been cooking for 15 mins, place the **peppers**—open-side up with the caps next to them—on the tray alongside (use two baking trays if necessary).
- Return to the oven for remaining time, 15-20 mins.

Little Chef's TIP: Kids can help to carve the spooky shapes.



Stuff the Pepper

- Remove the **peppers** and the caps from the oven.
- Stuff the **peppers** with the spiced **mince**.
- Sprinkle the **cheese** on top.
- Return to the oven (with caps on the side) until the **cheese** has melted, another 5 mins.

Little Chef's TIP: Have the kids help stuff the pepper.



Prep the Salsa

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Chop the **tomatoes** into 1cm chunks.
- Drain the **sweetcorn** in a sieve.
- Roughly chop the **coriander** (stalks and all).
- In a bowl, combine the **corn**, **tomato** and **half** the **coriander**. Toss with a drizzle of **oil**, **salt** and **pepper**.



Plate Up

- Divide the **bell pepper** Jack O'Lanterns between plates.
- Sprinkle with remaining **coriander**. Place the caps back on top.
- Add the salsa and roasted **potatoes** alongside.
- Drizzle **half** the **creme fraiche** over the **potatoes** to create mummy-like strips.
- Serve any remaining **creme fraiche** on the side.

Enjoy!