



Black Bean and Sweet Potato Harissa Stew

with Spinach, Flaked Almonds and Yoghurt

20

Classic 40-45 Minutes • Very Hot • 5 of your 5 a day



Sweet Potato



Garlic Clove



Black Beans



Harissa Paste



Chermoula Spice Mix



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Baby Spinach



Greek Style Natural Yoghurt



Toasted Flaked Almonds



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, sieve and saucepan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Garlic Clove**	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Harissa Paste 14	50g	75g	100g
Chermoula Spice Mix	½ sachet	¾ sachet	1 sachet
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Baby Spinach**	40g	100g	100g
Greek Style Natural Yoghurt** 7	75g	120g	150g
Toasted Flaked Almonds 2	15g	25g	25g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	659g	100g	789g	100g
Energy (kJ/kcal)	2633 / 629	400 / 95	3280 / 784	416 / 99
Fat (g)	19.2	2.9	21.5	2.7
Sat. Fat (g)	4.2	0.6	4.8	0.6
Carbohydrate (g)	86.5	13.1	86.7	11.0
Sugars (g)	33.5	5.1	33.6	4.3
Protein (g)	22.4	3.4	53.9	6.8
Salt (g)	4.25	0.65	4.45	0.56

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **7)** Milk **10)** Celery **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potato** into 2cm chunks (no need to peel).

Pop the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and tender, 25-35 mins. Turn halfway through.



Bring on the Beans

When the **sauce** has reduced, add the **black beans** and continue to simmer, stirring occasionally, until the **stew** has thickened, 8-10 mins.

CUSTOM RECIPE

Simmer the **stew** until the **chicken** is cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **black beans** in a sieve.



Add the Veg

Once the **sweet potato** is cooked, remove from the oven and stir through the **stew**.

Stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

Season to taste with **salt** and **pepper**. Add a splash of **water** if the **stew** is a little too thick.



Start your Stew

Heat a drizzle of **oil** in a large saucepan on medium heat. Once hot, add the **garlic**, **harissa paste** and **chermoula spice mix** (add less of both if you'd prefer things milder). Cook until fragrant, 1 min.

Stir in the **chopped tomatoes**, **veg stock paste** and **water for the sauce** (see pantry for amount). Bring to a boil, then reduce the heat.

Simmer, stirring occasionally, until slightly reduced, 7-8 mins.

CUSTOM RECIPE

If you've chosen to add **chicken**, add it to the pan before the **garlic** and season. Cook until browned all over, 5-6 mins, then continue as instructed.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



Serve

When ready, share your **harissa stew** between your bowls and top with a dollop of **yoghurt**.

Sprinkle over the **toasted almonds** to finish.

Enjoy!