



# Chipotle Sweet Potato and Black Bean Rice Bowl with Cheese and Tomato Salsa

17

**Quick** 20-25 Minutes • **Medium Spice** • 5 of your 5 a day • Veggie



Diced Sweet Potato



Basmati Rice



Garlic Clove



Lime



Medium Tomato



Black Beans



Vegetable Stock Paste



Chipotle Paste



Tomato Passata



Mature Cheddar Cheese



Diced Chorizo

### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Honey, Butter

### 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. Ingredients in red are hot!

## Cooking tools

Kettle, baking tray, saucepan, sieve, lid, garlic press, bowl, frying pan, potato masher and grater.

## Ingredients

Ingredients	2P	3P	4P
Diced Sweet Potato**	200g	300g	400g
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Lime**	½	1	1
Medium Tomato	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Chipotle Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** <b>7</b>	30g	40g	60g
Diced Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Sugar for the Salsa*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	50ml	100ml	150ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	609g	100g	654g	100g
Energy (kJ/kcal)	3177 /759	522 /125	4006 /957	613 /147
Fat (g)	21.9	3.6	38.1	5.8
Sat. Fat (g)	10.0	1.6	16.1	2.5
Carbohydrate (g)	118.3	19.4	119.7	18.3
Sugars (g)	23.9	3.9	24.2	3.7
Protein (g)	23.4	3.8	34.7	5.3
Salt (g)	2.76	0.45	5.34	0.82

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

## Allergens

### 7) Milk **10**) Celery

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.

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## Roast the Sweet Potato

- Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a half-full kettle.
- Pop the **diced sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until soft and golden, 16-18 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



## Bring on the Beans

- Drain and rinse the **black beans** in a sieve.
- Pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **garlic** and stir-fry for 1 min.
- Stir in the **black beans**, **veg stock paste**, **chipotle paste** (add less if you'd prefer things milder), **passata**, **honey** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**.
- Lightly crush **half** the **beans** in the pan using a potato masher, then lower the heat and simmer until thickened, 3-4 mins.

## CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add it to the pan before the **garlic**. Fry until it starts to brown, 3-4 mins, then add the **garlic** and continue as instructed.



## Cook the Rice

- Pour the **boiled water** from your kettle into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



## Combine and Stir

- Meanwhile, grate the **cheese**.
- Once the **sauce** has thickened, stir in the **butter** (see pantry for amount) until melted.
- Once the **sweet potato** has roasted, stir it through the **beans** with a squeeze of **lime juice**.
- Taste and season with **salt** and **pepper** if needed.



## Mix the Salsa

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Cut the **lime** into wedges (see ingredients for amount). Cut the **tomatoes** into 1cm chunks.
- In a medium bowl, combine a good squeeze of **lime juice**, **sugar** and **olive oil for the salsa** (see pantry for both amounts).
- Stir the **tomato chunks** into the **salsa dressing**. Season with **salt** and **pepper**.



## Assemble and Serve

- Fluff up your **rice** with a fork and share between your bowls.
- Spoon over the **chipotle sweet potato and black beans**. Sprinkle over the **cheese**.
- Top with the **tomato salsa**. Finish with any remaining **lime wedges**.

## Enjoy!