



Roasted Sweet Potato and Kidney Bean Chilli with Rice, Soured Cream and Cheese

Classic 30-35 Minutes • Medium Spice • 3 of your 5 a day

19



Sweet Potato



Cajun Spice Mix



Basmati Rice



Green Pepper



Garlic Clove



Red Kidney Beans



Mature Cheddar Cheese



Finely Chopped Tomatoes with Onion and Garlic



BBQ Sauce



Vegetable Stock Paste



Soured Cream



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar

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

Baking tray, saucepan, lid, frying pan, garlic press, sieve and grater.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Green Pepper**	1	1	2
Garlic Clove**	1	2	2
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	30g	45g	60g
Finely Chopped Tomatoes with Onion and Garlic	½ carton	¾ carton	1 carton
BBQ Sauce	32g	48g	64g
Vegetable Stock Paste 10)	10g	15g	20g
Soured Cream** 7)	75g	120g	150g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	857g	100g	902g	100g
Energy (kJ/kcal)	3390 /810	395 /95	4218 /1008	467 /112
Fat (g)	15.7	1.8	31.9	3.5
Sat. Fat (g)	8.4	1.0	14.4	1.6
Carbohydrate (g)	136.7	15.9	138.0	15.3
Sugars (g)	24.8	2.9	25.0	2.8
Protein (g)	32.3	3.8	43.5	4.8
Salt (g)	3.43	0.40	6.02	0.67

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, cereals containing 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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Sweet Potato Prep

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

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

Put the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **Cajun spice mix** (add less if you'd prefer things milder). 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, 20-25 mins. Turn halfway through.



Make the Chilli

Once the **pepper** has softened, stir in the **garlic** and remaining **Cajun spice mix** and cook for 1 min.

Add the **chopped tomatoes** (see ingredients for amount), **BBQ sauce**, **kidney beans**, **veg stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) to the pan, then season with **salt** and **pepper**.

Stir together, then bring to a simmer and cook until thickened, 8-10 mins.



Cook the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Finish Up

Once thickened, stir the **roasted sweet potato** through the **chilli**.

Add a splash of **water** to loosen if you feel it needs it. Taste and season with **salt** and **pepper** if needed.



Fry the Pepper

While the rice cooks, halve the **green pepper** and discard the core and seeds. Chop into 2cm chunks. Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **pepper chunks** and cook, stirring occasionally, until softened and golden, 6-8 mins.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a sieve. Grate the **cheese**.

CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add it to the pan with the **pepper chunks**. Stir-fry until golden, 6-8 mins, then continue as instructed.



Serve

When everything's ready, fluff up the **rice** with a fork, then share between your bowls and spoon the **sweet potato chilli** over the top.

Finish with a dollop of **soured cream** and a sprinkle of **cheese**.

Enjoy!