



# Loaded Sweet Potato Jacky-P with Easy Beef Chilli and Cheese

Classic 40-45 Minutes • Mild Spice • 5 of your 5 a day

9



Sweet Potato



British Beef Mince



Red Kidney Beans



Garlic Clove



Central American Style Spice Mix



Tomato Passata



Beef Stock Paste



Mature Cheddar Cheese

#### Pantry Items

Oil, Salt, Pepper, Sugar



## 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, sieve, bowl, garlic press, lid and grater.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	3	4	6
British Beef Mince**	240g	360g	480g
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	2	3	4
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Mature Cheddar Cheese** (7)	30g	45g	60g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	845g 3948 /944	100g 467 /112
Fat (g)	28.4	3.4
Sat. Fat (g)	12.7	1.5
Carbohydrate (g)	115.2	13.6
Sugars (g)	32.7	3.9
Protein (g)	56.2	6.6
Salt (g)	3.26	0.39

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

## Allergens

7) Milk

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Bake the Sweet Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve the **sweet potatoes** lengthways and pop them onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

Rub the **oil** over the **potatoes**, then lay them, cut-side down onto the tray.

When the oven is hot, roast on the top shelf until tender and a knife slips in easily, 30-40 mins.

**TIP:** Alternatively, if you have a microwave, you can speed things up. Halve the potatoes lengthways, then prick all over with a knife. Rub with a little oil and season with salt. Place cut-side down onto a plate, then microwave on high until tender, 15-18 mins.



## Simmer your Chili

Bring the **chilli** to the boil, then cover with a lid and turn the heat to low.

Leave to simmer for the remaining **sweet potato** cooking time. Stir occasionally to stop the **chilli** from sticking. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



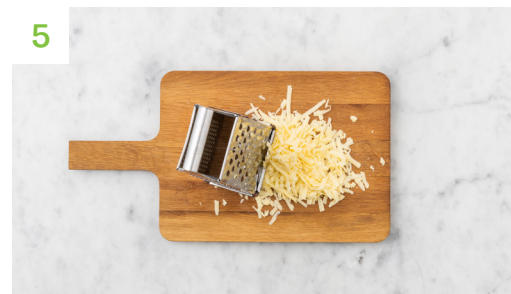
## Cook the Beef

Meanwhile, heat a large saucepan on medium-high heat (no oil).

Once hot, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks.

**IMPORTANT:** Wash your hands and equipment after handling raw mince.

While the **mince** cooks, drain and rinse the **kidney beans** in a sieve. Pop **half** of them into a bowl and mash with the back of a fork. Peel and grate the **garlic** (or use a garlic press).



## Finishing Touches

Meanwhile, grate the **cheese**.

When everything's ready, taste the **chilli** and season with **salt** and **pepper** if needed. Remove from the heat, adding a splash of **water** if it's a little too thick.

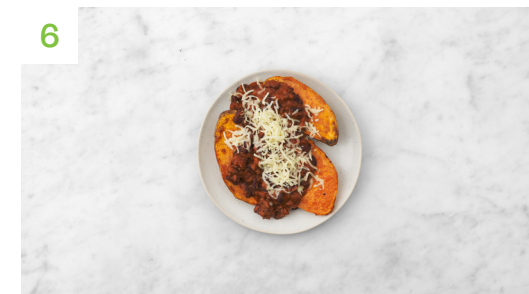


## Add the Flavour

When the **beef** is browned, drain and discard any excess fat, then season with **salt** and **pepper**.

Add the **Central American style spice mix** and **garlic** to the **beef** pan. Fry for 1 min.

Stir in the **kidney beans** (whole and mashed), **tomato passata**, **beef stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).



## Serve

Share the **sweet potato halves** between your plates and spoon the **beef chilli** on top.

Scatter over the **cheese**.

## Enjoy!