



# Creamy Cajun Spiced Cannellini Stew

with Roasted Sweet Potato and Garlic Bread

43

Classic 25-30 Minutes • Medium Spice • 3 of your 5 a day



Sweet Potato



Cannellini Beans



Mature Cheddar Cheese



Garlic Clove



Ciabatta



Cajun Spice Mix



Tomato Passata



Vegetable Stock Paste



Creme Fraiche



Baby Spinach



Diced Chorizo

### Pantry Items

Oil, Salt, Pepper, Sugar, 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

Baking tray, sieve, grater, garlic press and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Cannellini Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	40g	60g	80g
Garlic Clove**	3	5	6
Ciabatta**** 13)	1	2	2
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Baby Spinach**	100g	150g	200g
Diced Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Stew*	75ml	115ml	150ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge \*\*\*\*Please use the ciabatta within 2 days from the delivery day.

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	691g	100g	736g	100g
Energy (kJ/kcal)	3471 / 830	502 / 120	4300 / 1028	584 / 140
Fat (g)	31.0	4.5	47.2	6.4
Sat. Fat (g)	17.7	2.6	23.7	3.2
Carbohydrate (g)	107.1	15.5	108.5	14.7
Sugars (g)	25.5	3.7	25.8	3.5
Protein (g)	26.9	3.7	38.2	3.9
Salt (g)	3.47	0.50	6.05	0.82

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 10) Celery 13) Cereals containing gluten

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.

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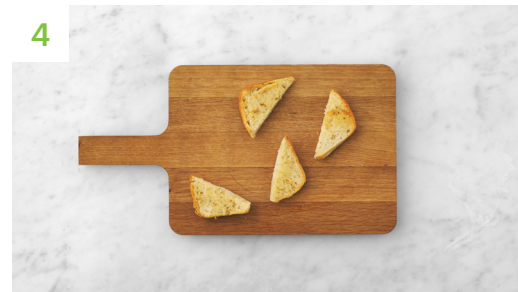


## Roast the Sweet Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9. Chop the **sweet potatoes** into 1cm chunks (no need to peel).

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

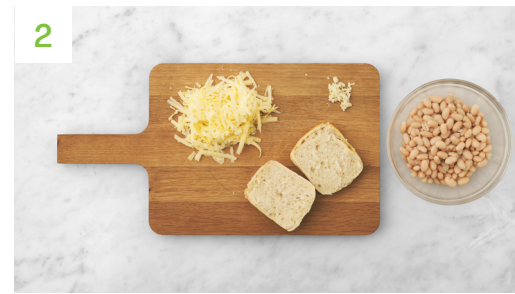
When the oven is hot, roast on the top shelf until golden, 18-20 mins. Turn halfway through.



## Bake the Bread

Meanwhile, bake the **garlic bread** on the middle shelf of your oven until golden, 5-6 mins.

When ready, cut the **garlic bread** diagonally into triangles.



## Do the Prep

Meanwhile, drain and rinse the **cannellini beans** in a sieve. Grate the **cheese**.

Peel and grate the **garlic** (or use a garlic press).

Halve the **ciabatta** and lay onto a medium baking tray, cut-side up. Spread over **half** the **garlic**, drizzle with **oil** and season with **salt**. Set aside.

Heat a drizzle of **oil** in a large saucepan on medium-high heat



## Finish the Stew

Once the **stew** has slightly reduced, add the **spinach** and **roasted sweet potato**. Stir to combine and simmer until piping hot, 1-2 mins.

Stir in the **butter** (see pantry for amount) until melted.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## Start the Stew

Once the **oil** is hot, add the **Cajun spice mix** (add less if you'd prefer things milder) and remaining **garlic**. Stir-fry until fragrant, 30 secs.

Add the **cannellini beans**, **passata**, **vegetable stock paste**, **creme fraiche**, **sugar** and **water for the stew** (see pantry for both amounts).

Stir to combine, bring to the boil, then lower the heat and simmer until slightly reduced, 5-6 mins.

## CUSTOM RECIPE

If you're adding **chorizo**, add to the pan before the **Cajun spice mix**. Fry, 3-4 mins, then add the **spices**.



## Serve Up

Share the **Cajun sweet potato** stew between your bowls. Sprinkle over the **cheese** to finish.

Serve the **garlic bread** alongside.

## Enjoy!