



Black Bean and Sweet Potato Harissa Stew

with Pepper, Flaked Almonds and Yoghurt

Classic 40-45 Minutes • Very Hot • 3 of your 5 a day

20



Sweet Potato



Bell Pepper



Garlic Clove



Black Beans



Harissa Paste



Chermoula Spice Mix



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Greek Style Natural Yoghurt



Toasted Flaked Almonds



Diced Chorizo

Recipe Update

Due to challenges with our supplier, you'll receive **bell pepper** instead of **baby spinach**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, Sugar

+ Add Diced Chorizo

If you chose to add diced chorizo, 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, garlic press, sieve and saucepan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Bell Pepper***	1	1½	2
Garlic Clove**	2	3	4
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
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Toasted Flaked Almonds 2)	15g	25g	25g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	808g	100g	853g	100g
Energy (kJ/kcal)	2731 / 653	338 / 81	3559 / 851	417 / 100
Fat (g)	19.2	2.4	35.4	4.2
Sat. Fat (g)	4.2	0.5	10.2	1.2
Carbohydrate (g)	92.3	11.4	93.7	11.0
Sugars (g)	38.7	4.8	39.0	4.6
Protein (g)	22.5	2.8	33.7	4.0
Salt (g)	4.23	0.52	6.82	0.80


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, 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.

 You can recycle me!

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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). Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

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. Stir occasionally, until the **stew** has thickened, 8-10 mins.



Get Prepped

After 10 mins of cooking, turn the **sweet potato** and add the **pepper** to the tray, toss in **oil** and season with **salt** and **pepper**.

Return the tray to the oven for the remaining time.

While the **veg** roasts, peel and grate the **garlic** (or use a **garlic** press).

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



Add the Veg

Once the **veg** has finished roasting, remove from the oven and stir through the **stew**.

Taste and season with **salt** and **pepper** if needed. 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**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then lower the heat.

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

+ Add Diced Chorizo

If you're adding **chorizo**, add it to the pan before the **garlic** and **spices**. Fry, 3-4 mins, then add the **garlic** and **spices** and continue as instructed.



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!