



Caribbean Style Roasted Vegetable Stew

with Coriander Rice and Yoghurt

43

Family 40-45 Minutes • **Very Hot** • 2 of your 5 a day



Sweet Potato



Bell Pepper



Basmati Rice



Coriander



Garlic Clove



Red Kidney Beans



Greek Style Natural Yoghurt



Caribbean Style Jerk



Vegetable Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



Honey



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

Make it Higher Protein

If you chose to make this recipe higher 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, garlic press, sieve, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Bell Pepper***	1	1	2
Basmati Rice	150g	225g	300g
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Greek Style Natural Yoghurt** (7)	75g	120g	150g
Caribbean Style Jerk (9)	2 sachets	3 sachets	4 sachets
Vegetable Stock Paste (10)	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Honey	15g	22g	30g
Diced British Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	200ml	300ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be 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	940g	100g	1070g	100g
Energy (kJ/kcal)	3230 / 772	344 / 82	3878 / 927	363 / 87
Fat (g)	8.2	0.9	10.6	1.0
Sat. Fat (g)	3.5	0.4	4.1	0.4
Carbohydrate (g)	144.1	15.3	144.3	13.5
Sugars (g)	35.6	3.8	35.8	3.3
Protein (g)	31.1	3.3	62.5	5.8
Salt (g)	4.57	0.49	4.77	0.45

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

Allergens

7) Milk 9) Mustard 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, 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 Veg

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

Chop the **sweet potato** into 1cm chunks (no need to peel). Halve the **bell pepper** and discard the core and **seeds**. Chop into 1cm chunks.

Pop the **veg 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 tender and starting to char, 25-30 mins. Turn halfway through.



Start your Spicy Stew

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **kidney beans**, **garlic** and **Caribbean style jerk**. Cook, stirring, for 1 min.

Add the **veg stock paste**, **chopped tomatoes**, **sugar** and **water for the sauce** (see pantry for both amounts) to the pan.



Make it Higher Protein

If you're adding **chicken**, add the **chicken** to the pan before the **garlic**. Fry, 5-6 mins, then continue as instructed. The **chicken** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Cook the Rice

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).

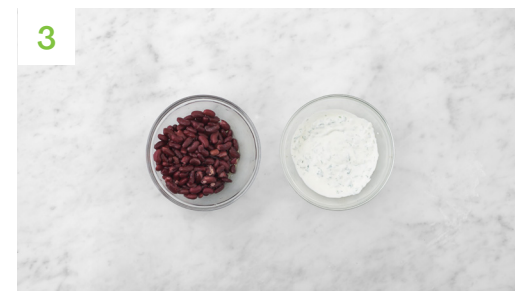


Simmer and Stir

Bring the **stew** to the boil, then lower the heat medium. Simmer until slightly reduced, 6-8 mins.

When there are 5 mins left of **veg** roasting time, drizzle over the **honey** and return to the oven for the remaining time. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

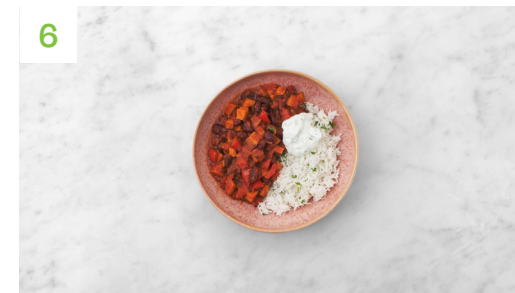
Once the **stew** is reduced, stir through the **roasted veg**. Season with **salt** and **pepper** if needed. Add a splash of **water** if the **stew** is a little too thick.



Prep Time

While the everything cooks, roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a sieve.

In a small bowl, combine the **yoghurt** with **half the coriander**. Season with **salt** and **pepper**, then set aside.



Finish and Serve

Fluff up the **rice** with a fork and stir through the remaining **coriander**, then share between your bowls.

Top with the **roasted vegetable stew** and a dollop of **coriander yoghurt**.

Enjoy!