

Warming Veggie 'Nduja Sweet Potato Rice Bowl

with Black Beans, Spinach and Flaked Almonds

18

Quick 25 Minutes • **Very Hot** • 2 of your 5 a day



Sweet Potato



Basmati Rice



Garlic Clove



Black Beans



Tomato Puree



Vegan 'Nduja



Vegetable Stock Paste



Baby Spinach



Creme Fraiche



Grated Hard Italian Style Cheese



Toasted Flaked Almonds



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Honey

+ Add Diced Chorizo

If you chose to add diced chorizo, then just follow the instructions on the back of this card.

Happy cooking!



This Warming Veggie 'Nduja Sweet Potato Rice Bowl will be on your table in less than 25 minutes. Featuring a hot, umami blend of Calabrian chillies and peppers, this 'Nduja is completely meat-free but with all the same flavour.

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

Kettle, baking tray, saucepan, sieve, lid, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Tomato Puree	30g	45g	60g
Vegan 'Nduja	1 sachet	1½ sachets	2 sachets
Vegetable Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Crema Fraiche** 7)	75g	120g	150g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Toasted Flaked Almonds 2)	15g	25g	30g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	493g	100g	538g	100g
Energy (kJ/kcal)	3343 / 799	679 / 162	4172 / 997	776 / 186
Fat (g)	25.8	5.2	42.0	7.8
Sat. Fat (g)	11.5	2.3	17.5	3.3
Carbohydrate (g)	117.3	23.8	118.7	22.1
Sugars (g)	20.2	4.1	20.5	3.8
Protein (g)	26.1	5.3	37.4	6.9
Salt (g)	2.62	0.53	5.20	0.97

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

Allergens

2) Nuts 7) Milk 8) Egg

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!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Roast the Sweet Potato

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a half-full kettle.
- Chop the **sweet potatoes** into 1cm chunks (no need to peel) and pop 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.



Simmer the Sauce

- Add the **beans**, **veg stock paste**, **honey** and **water for the sauce** (see pantry for both amounts).
- Bring to the boil, then lower the heat and simmer until thickened, 3-4 mins.



Get the Rice On

- Meanwhile, pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.

+ Add Diced Chorizo

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



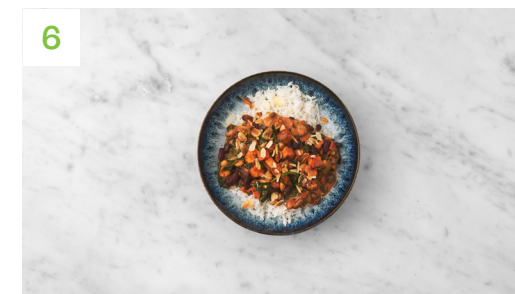
Finish Off

- Once thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir in the **creme fraiche**, **roasted sweet potato** and **cheese**.
- Taste and season with **salt** and **pepper** if needed, then remove from the heat. Add a splash more **water** if you feel it needs it.



Fry Time

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **black beans** in a sieve.
- Heat a large frying pan on medium heat with a drizzle of **oil**.
- Once hot, add the **garlic**, **tomato puree** and **vegan 'Nduja** (add less if you'd prefer things milder). Cook until fragrant, 1 min.



Serve

- Share the **rice** between your serving bowls.
- Spoon over the **sweet potato** and **beans**.
- Sprinkle on the **flaked almonds** to finish.

Enjoy!