



Loaded Sweet Potato Jacky-P with Bean Chilli and Cheese

Classic 40-45 Minutes • Mild Spice • 3 of your 5 a day

19



Sweet Potato



Garlic Clove



Red Kidney Beans



Bell Pepper



Central American Style Spice Mix



Red Wine Stock Paste



Tomato Passata



Mature Cheddar Cheese



Diced Chorizo

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, frying pan, potato masher and grater.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	3	5	6
Garlic Clove**	2	3	4
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Bell Pepper***	2	3	4
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Red Wine Stock Paste 14)	28g	42g	56g
Tomato Passata	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	40g	60g	80g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, green 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	895g	100g	940g	100g
Energy (kJ/kcal)	3143 /751	351 /84	3971 /949	423 /101
Fat (g)	10.5	1.2	26.8	2.8
Sat. Fat (g)	5.3	0.6	11.4	1.2
Carbohydrate (g)	129.1	14.4	130.5	13.9
Sugars (g)	43.3	4.8	43.6	4.6
Protein (g)	31.7	3.5	42.9	4.6
Salt (g)	3.95	0.44	6.53	0.69

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

Allergens

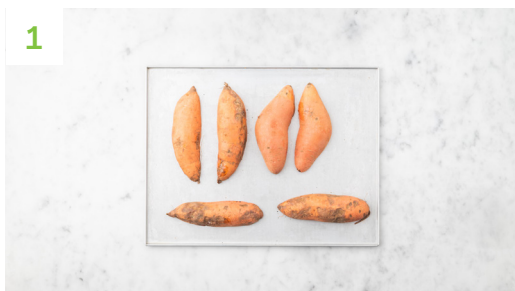
7) Milk **14)** Sulphites

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.

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Roast 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, on the baking 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.

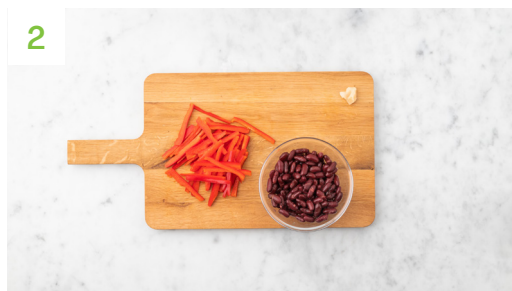


Roast the Pepper

When the **sweet potatoes** have 15 mins left, add the **sliced pepper** to another baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Roast on the middle shelf of your oven until soft and slightly charred, 12-14 mins.



Prep the Veg

While the **sweet potatoes** roast, peel and grate the **garlic** (or use a garlic press).

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

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

+ Add Diced Chorizo

If you're adding **chorizo**, heat a large frying pan on medium-high heat (no oil). Once hot, add the **chorizo** and fry, 3-4 mins. Once browned, add it to the **bean mixture** and continue as instructed.



Grate the Cheese

Meanwhile, grate the **cheese**.

Once the **peppers** have roasted, stir them through the **chilli** (reheat if necessary).

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



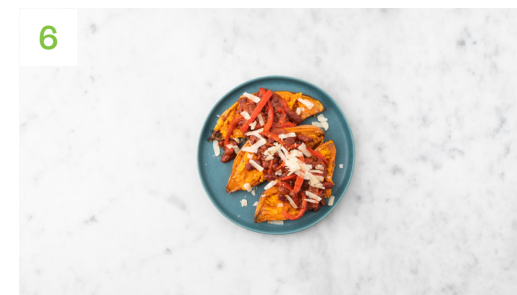
Simmer your Bean Chilli

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **garlic** and **Central American style spice mix**. Fry for 30 secs.

Add the **kidney beans**, **red wine stock paste**, **passata**, sugar and **water for the sauce** (see pantry for both amounts) to the pan. Roughly mash **half** the **beans** using a potato masher or the back of a fork, then stir everything together.

Bring to the boil, then turn the heat down to medium and simmer until thickened, 8-10 mins.



Finish and Serve

Using a fork, fluff up the inside of the **sweet potatoes** and add a knob of **butter** if you'd like.

Share the **potatoes** between your plates and top with the **bean chilli**.

Sprinkle over the **grated cheese** to finish.

Enjoy!