








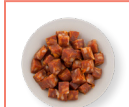


Easy Harissa Sweet Potato, Dill and Butter Bean Bowl

with Bell Pepper and Garlic Ciabatta Dippers

Quick 20-25 Minutes • **Medium Spice** • 2 of your 5 a day



-  Sweet Potato
-  Chermoula Spice Mix
-  Bell Pepper
-  Garlic Clove
-  Butter Beans
-  Tomato Passata
-  Vegetable Stock Paste
-  Harissa Paste
-  Ciabatta
-  Dill
-  Greek Style Salad Cheese
-  **Diced Chorizo**

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

+ Add Diced Chorizo

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

Happy cooking!



Ready in just 25 minutes, this Easy Harissa Sweet Potato, Dill and Butter Bean Stew is full of veg. Harissa is widely used in Middle Eastern and North African cuisine, containing dried chillies, star anise, cumin and coriander.

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

Garlic press, saucepan, sieve and baking tray.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	1½	2
Chermoula Spice Mix	½ sachet	¾ sachet	1 sachet
Bell Pepper***	1	1½	2
Garlic Clove**	3	4	6
Butter Beans	1 carton	1½ cartons	2 cartons
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste	10g	15g	20g
Harissa Paste 14	50g	75g	100g
Ciabatta 13	1	2	2
Dill**	1 bunch	1 bunch	1 bunch
Greek Style Salad Cheese** 7	50g	100g	100g
Diced Chorizo** 7	90g	120g	180g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp

*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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	633g	100g	678g	100g
Energy (kJ/kcal)	2443/584	386/92	3272/782	483/115
Fat (g)	20.3	3.2	36.6	5.4
Sat. Fat (g)	5.2	0.8	11.3	1.7
Carbohydrate (g)	76.0	12.0	77.8	11.5
Sugars (g)	22.7	3.6	23.0	3.4
Protein (g)	20.3	3.2	31.5	4.6
Salt (g)	3.81	0.60	6.39	0.94

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

Allergens

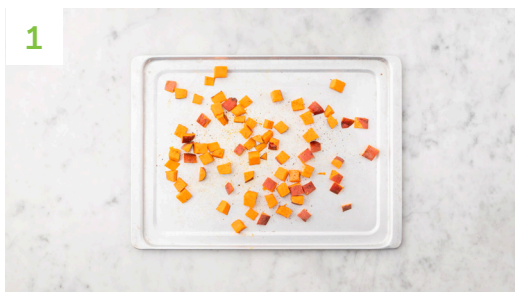
7) Milk **13)** Cereals containing gluten **14)** Sulphites

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

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Roast the Sweet Potato

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** into 1cm chunks (no need to peel). Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **chermoula spice mix**.
- Toss to coat and 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 and tender, 16-18 mins. Turn halfway through.



Toast the Garlic Ciabatta

- Halve the **ciabatta** and lay it onto another baking tray, cut-side up. Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).
- Pop the **ciabatta** onto the middle shelf of your oven until toasted, 4-5 mins.
- Meanwhile, roughly chop the **dill** (stalks and all).



Cook the Pepper

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips, then cut in half widthways.
- Peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a large saucepan on high heat. Once hot, add the **pepper** and fry until just soft, 3-4 mins.
- Meanwhile, drain and rinse the **butter beans** in a sieve.

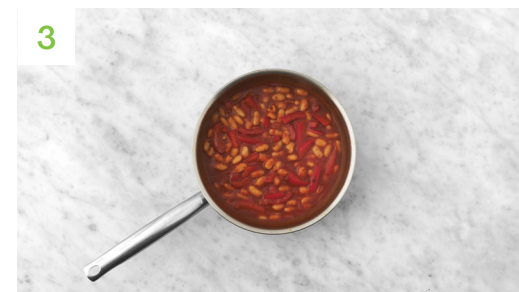
+ Add Diced Chorizo

If you're adding **chorizo**, add to the pan with the **pepper**, then continue as instructed.



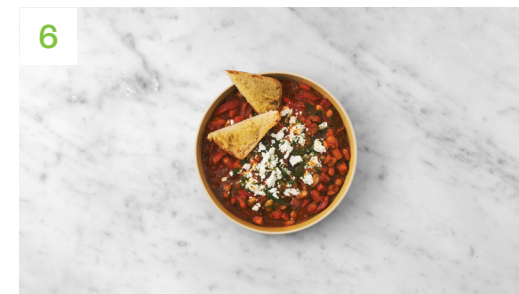
Finish Up

- When everything's ready, stir the **roasted sweet potato** and **half** the **dill** into the **stew**.
- Taste and season with **salt** and **pepper** if needed.
- Cut the **garlic ciabatta** diagonally into triangles.



Simmer your Stew

- Once the **pepper** has softened, reduce the heat to medium-high, then add **half** the **garlic** and stir-fry for 30 secs.
- Add the **passata**, **veg stock paste**, **harissa paste**, remaining **chermoula** (use less if you'd prefer things milder) and the **sugar** and **water for the sauce** (see pantry for both amounts).
- Stir in the **butter beans** and season with **salt** and **pepper**.
- Bring to a boil, then reduce the heat and simmer until slightly thickened, 5-6 mins.



Time to Serve

- Share the **harissa stew** between your bowls.
- Crumble over the **Greek style salad cheese** and garnish with the remaining **dill**.
- Serve the **garlic ciabatta dippers** on the side.

Enjoy!