

# Warming Harissa, Black Bean and Sweet Potato Bowl

with Spinach, Flaked Almonds and Yoghurt

Calorie Smart 40-45 Minutes • **Very Hot** • 3 of your 5 a day • Veggie



Sweet Potato



Garlic Clove



Black Beans



Harissa Paste



Chermoula Spice Mix



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Baby Spinach



Greek Style Natural Yoghurt



Toasted Flaked Almonds



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Cosy up this winter with this wholesome Warming Harissa, Black Bean and Sweet Potato Bowl. Harissa is widely used in Middle Eastern and North African cuisine, containing dried chillies, star anise, cumin and coriander, all warming spices that pair perfectly with veg.

**Pantry Items**

Oil, Salt, Pepper, Sugar





## 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
Garlic Clove**	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Harissa Paste <b>14)</b>	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	10g	15g	20g
Baby Spinach**	100g	150g	200g
Greek Style Natural Yoghurt** <b>7)</b>	75g	120g	150g
Toasted Flaked Almonds <b>2)</b>	15g	25g	25g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	793g	100g
Energy (kJ/kcal)	2691/643	339/81
Fat (g)	19.3	2.4
Sat. Fat (g)	4.2	0.5
Carbohydrate (g)	88.9	11.2
Sugars (g)	35.4	4.5
Protein (g)	23.2	2.9
Salt (g)	4.27	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**2)** Nuts **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.

† Limited-time offer for new subscribers redeeming on eligible devices. Plan auto-renews at £10.99/mo until cancelled. Terms apply. Lossless audio available up to 24-bit/192 kHz.

## Contact

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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).

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

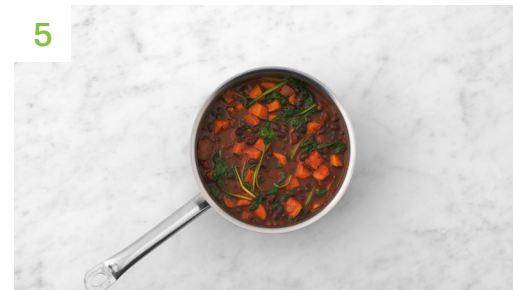
When the **sauce** has reduced, add the **black beans** and continue to simmer, stirring occasionally, until the stew has thickened, 8-10 mins.



## Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press).

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



## Add the Veg

Once the **sweet potato** is cooked, remove from the oven and stir through the **stew**.

Stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if the **stew** is a little too thick.

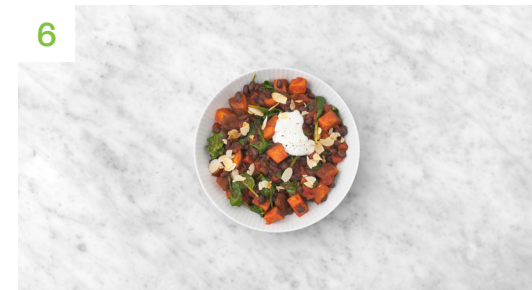


## Start your Stew

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.



## 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!

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