

# Black Bean and Sweet Potato Harissa Stew

with Spinach, Flaked Almonds and Yoghurt

Customer Favourites 40-45 Minutes • Medium Spice • 5 of your 5 a day • Veggie

















Black Beans

Harissa Paste





Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Baby Spinach



Greek Style Natural Yoghurt



Toasted Flaked Almonds

Pantry Items Oil, Salt, Pepper

### Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

### **Cooking tools**

Baking tray, garlic press, sieve and saucepan.

### Ingredients

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Ingredients	2P	3P	4P	
Sweet Potato	1	2	2	
Onion**	1	1	2	
Garlic Clove**	1	2	2	
Black Beans	1 carton	1½ cartons	2 cartons	
Harissa Paste	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 <b>10</b> )	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	
Water for the Sauce*	200ml	300ml	400ml	
*Not Included **Store in the Fridge				

### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	634g	100g
Energy (kJ/kcal)	2269 /542	358 /86
Fat (g)	19.1	3.0
Sat. Fat (g)	4.2	0.7
Carbohydrate (g)	66.0	10.4
Sugars (g)	30.1	4.8
Protein (g)	21.9	3.5
Salt (g)	4.17	0.66

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

### Allergens

#### 2) Nuts 7) Milk 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, milk, egg, mustard, celery, soya, 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.

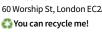
### Contact

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#### HelloFresh UK

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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** 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.



# **Get Prepped**

Meanwhile, halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

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



# Start your Stew

Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add the **onion** and cook until softened, 4-5 mins.

Add the garlic, harissa paste and chermoula spice mix (add less if you'd prefer things milder), then cook for 1 min more.

Pour in the **chopped tomatoes**, **veg stock paste** and **water for the sauce** (see pantry for amount). Bring to a boil, then reduce the heat to medium.

Simmer, stirring occasionally, until thickened, 7-8 mins.



# Bring on the Beans

When the **sauce** has thickened, add the **black beans** and continue to simmer, stirring occasionally, until the **stew** has thickened, 10-12 mins.



# 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.

Season to taste with **salt** and **pepper**. Add a splash of **water** if the **stew** is a little thick.



### 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!