



Black Bean and Sweet Potato Harissa Stew

with Spinach, Flaked Almonds and Yoghurt

39

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



Sweet Potato



Onion



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

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

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 10)	10g	15g	20g
Baby Spinach**	100g	150g	200g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Toasted Flaked Almonds 2)	15g	25g	25g
Pantry	2P	3P	4P
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 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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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.



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.



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.



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.



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.



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!