



Black Bean & Sweet Potato Stew

With Cavolo Nero & Harissa

N° 8

BALANCED

45 Minutes • Under 600 Calories • Medium Spice • 3 of your 5 a day • Veggie



Diced Sweet Potato



Onion



Garlic Clove



Spring Onion



Flaked Almonds



Harissa Paste



Vegetable Stock Powder



Finely Chopped Tomatoes with Onion and Garlic



Black Beans



Cavolo Nero



Greek Yoghurt

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press), Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Diced Sweet Potato**	1 small pack	1 large pack	2 small packs
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Spring Onion**	1	2	2
Flaked Almonds 2)	1 small pot	1 large pot	1 large pot
Harissa Paste	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Black Beans	1 carton	1½ cartons	2 cartons
Cavolo Nero	1 small bag	1 medium bag	1 large bag
Greek Yoghurt 7)**	75g	100g	150g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	767g	100g
Energy (kJ/kcal)	2293 /548	299 /71
Fat (g)	20	3
Sat. Fat (g)	4	1
Carbohydrate (g)	71	9
Sugars (g)	22	3
Protein (g)	21	3
Salt (g)	3.40	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

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You can recycle me!



Packed in the UK



1. Roast Sweet Potato

Preheat your oven to 200°C. Pop the **sweet potato** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat and roast on the top shelf of your oven until golden on the outside and soft in the middle, 20-25 mins. Turn halfway through cooking.



2. Prep

Meanwhile, halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **spring onions** then slice thinly. Heat a large saucepan on medium heat (no oil) and add the **almonds**. Toast until golden 2-3 minutes. **TIP: Watch them like a hawk as they can burn easily.** Once toasted, transfer to a small bowl and set aside.



3. Make the Stew

Put the saucepan back onto a medium-high heat and add a drizzle of **oil**. Add the **onion** and cook for until golden, stirring occasionally. 4-5 minutes. Add the **garlic** and **harissa** and cook for a further minute. Pour in the **water** (see ingredients for amount), **veg stock powder** and **chopped tomatoes**. Bring to a boil, reduce the heat to medium, and simmer until it has thickened slightly, 7-8 mins. Stir occasionally.



4. Add the Beans

Meanwhile, drain and rinse the **black beans** in a colander. When the sauce has cooked down, add the **black beans** and **cavolo nero** stirring occasionally. Continue to simmer until the **stew** has thickened and the **cavolo nero stalks** are tender, 10-12 mins.



5. Finish the Stew

Once the **sweet potato** is cooked, remove it from the oven and stir it through your **stew**. Season to taste with **salt** and **pepper**. Add a splash of **water** if it's too thick.



6. Time to Serve

Divide the **bean stew** between your bowls. Finish with a dollop of **Greek yoghurt** and generously sprinkle on the **toasted almonds** and **spring onion**.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sugar • High Protein

Featured Ingredient: Cavolo Nero is a leafy green vegetable which is high in Vitamin C and vitamin K.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.