







More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     You'll be entered into our weekly photo contest!

Brazilian Sweet Potato Veijoada Bake with Shallot Salsa Salad

Feijoada is a traditional Brazilian meat stew eaten daily with black beans! And veijoada is our very own vegetarian take on this. If you're not going to take part in the Summer Games, the next best thing is putting your feet up and enjoying some delicious Brazilian fodder!



45 mins



veggie



gluten free



spicy



healthy



Sweet Potato (1)



Onion (1)



Yellow Pepper (1)



Coriander (1 bunch)



Garlic Clove (2)



Green Chilli (1 tsp)



Organic Black Beans (1 tin)



Ground Cumin (1½ tsp)



Smoked Paprika (½ tbsp)



Vegetable Stock Pot (1)



Water (400ml)



Cheddar Cheese (4 tbsp)



Vine Tomato (2)



Echalion Shallot (1)



Baby Gem Lettuce (1)



Lime (1)

2 PEOPLE INGREDIENTS

- Sweet Potato, chopped
- Onion, chopped
- Yellow Pepper, chopped
- Coriander, chopped
- Garlic Clove, grated
- Green Chilli, chopped
- Organic Black Beans
- Ground Cumin

- 1 • Smoked Paprika **½ tbsp**
- 1 • Vegetable Stock Pot **1**
- 1 • Water **400ml**
- 1 bunch • Cheddar Cheese **4 tbsp**
- 2 • Vine Tomato, chopped **2**
- 1 tsp • Echalion Shallot, chopped **1**
- 1 tin • Baby Gem Lettuce, sliced **1**
- 1 ½ tsp • Lime **1**

Allergens: Celery, Sulphites, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	593 kcal / 2503 kJ	11 g	2 g	76 g	20 g	44 g	3 g
Per 100g	104 kcal / 438 kJ	2 g	0 g	13 g	3 g	8 g	0 g



Our fruit and veggies may need a little wash before cooking!

Did you know...

Echalion shallots are a cross between onions and normal shallots!

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains Sulphites], Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



1 Pre-heat your oven to 220 degrees. Peel and chop the **sweet potato** into small 2cm chunks. Place on a baking tray with a glug of **oil** and a pinch of **salt**, pop into your oven to roast for 20-25 mins until cooked and slightly crispy. **Tip:** If you remove them from the oven and they aren't quite cooked, just pop them back in for 5 mins longer.

2



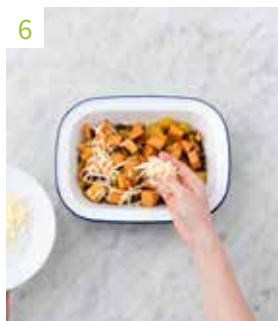
2 Now time to prepare your vegetables. Chop the **onion** in half through the root, peel and chop into roughly 1cm pieces. Remove the core from the **yellow pepper** and chop into 2cm pieces. Finely chop the **coriander** stalks and roughly chop the leaves (keep them separate). Peel and grate the **garlic** (or use a garlic press if you have one). Cut the **chilli** in half lengthways and remove the seeds. Finely chop. Empty the **black beans** into a sieve or colander and rinse under some cold water.

3



3 Put your chopped **onion** in a large frying pan on medium heat with a drizzle of **oil** and cook for 5 mins (if it gets a bit brown, don't worry, it will just add to the flavour). Then add your chopped **pepper** to the pan and cook for another 5 mins. Once your **peppers** and **onions** are slightly browned, add your **coriander** stalks, grated **garlic** and chopped **chilli** (add less if you're not a huge fan of spice!). Throw in the **cumin** and **paprika**, stir everything together and cook for 1 minute before adding your drained **black beans**, **vegetable stock pot** and **water** (as specified in the ingredient table above). Bring to a simmer and gently bubble away for 10-15 mins until the sauce has reduced by half.

6



4 While your veijoada is cooking, grate the **cheddar cheese** and keep to the side. Chop the **tomatoes** into small 1cm pieces. Cut the **shallot** in half through the root, peel and then finely chop into ½cm pieces (if you can!). Chop the **baby gem lettuce** in half lengthways, remove the root, then slice into roughly 1cm wide slices.

5 Grate the **lime zest** into a large bowl, squeeze in the **lime juice** and add in your chopped **shallot**. Add a drizzle of **oil**, a pinch of **salt**, a good grind of **black pepper** and a pinch of **sugar** (if you have any). Mix together with a fork then add in your **tomatoes** and **baby gem lettuce**. Leave to the side.

6 Spoon your cooked **veijoada mixture** into an ovenproof dish, then remove your roasted **sweet potatoes** from the oven. Pre-heat your grill to high. Arrange your **sweet potato** on top of the **veijoada mixture** and sprinkle over your grated **cheese**. Pop under your grill for 3-5 mins until the **cheese** has melted.

7 Serve your **veijoada bake** in bowls with your **salad** on the side and your **coriander** leaves sprinkled over the top. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!