



Cajun Spicy Rice and Roasted Sweet Potato

with Peas, Soured Cream and Greek Style Cheese

43

Classic 30-35 Minutes • Medium Spice • 2 of your 5 a day • Veggie



Diced Sweet Potato



Basmati Rice



Garlic Clove



Lime



Tomato Puree



Cajun Spice Mix



Vegetable Stock Paste



Soured Cream



Peas



Honey



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

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

Cooking tools

Kettle, baking tray, saucepan, sieve, lid, garlic press, fine grater, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Diced Sweet Potato**	200g	300g	400g
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Lime**	1	1½	2
Tomato Puree	30g	45g	60g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10	15g	20g	30g
Soured Cream** 7	75g	120g	150g
Peas**	120g	180g	240g
Honey	15g	22g	30g
Greek Style Salad Cheese** 7	50g	75g	100g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2846 /680	741 /177
Fat (g)	22.6	5.9
Sat. Fat (g)	13.3	3.5
Carbohydrate (g)	102.9	26.8
Sugars (g)	20.4	5.3
Protein (g)	18.0	4.7
Salt (g)	2.73	0.71

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

Allergens

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.
Boil a full kettle.

Pop the **diced sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and tender, 18-20 mins. Turn halfway through.



Make the Spicy Sauce

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **garlic**, **tomato puree** and **Cajun spice mix**. Cook until fragrant, 1-2 mins.

Lower to medium heat, then add the **water for the sauce** (see pantry for amount) and **vegetable stock paste**. Simmer until thickened, 2-3 mins.



Cook the Rice

In the meantime, pour the **boiled water** from your kettle into a large saucepan with **¼ tsp salt** on high heat.

Add the **rice** and cook for 10-12 mins.

Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Finishing Touches

Meanwhile, in a small bowl, combine the **soured cream** and **lime zest**.

Add the **peas**, **cooked rice**, **honey** and **butter** (see pantry for amount) to the frying pan. Stir to combine. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Once roasted, stir the **sweet potato** through the **spicy rice**. Squeeze in the **juice** from **half the lime**. Taste and season with **salt** and **pepper** if needed.



Prep Time

While the **rice** cooks, peel and grate the **garlic** (or use a garlic press).

Zest and halve the **lime**.



Serve Up

When ready, share the **spicy rice** between your bowls.

Crumble over the **Greek style salad cheese** and top with a dollop of **zesty soured cream**.

Serve with any remaining **lime** cut into **wedges** for squeezing over.

Enjoy!