



Chilli Non Carne Loaded Sweet Potato Wedges with Avocado and Tomato Salsa

40

Classic 35-40 Minutes • Mild Spice • 5 of your 5 a day • Veggie



Sweet Potato



Garlic Clove



Red Kidney Beans



Mexican Style
Spice Mix



Tomato Passata



Vegetable Stock
Paste



Red Split Lentils



Lime



Spring Onion



Baby Plum
Tomatoes



Avocado



BBQ Sauce

Pantry Items

Oil, Salt, Pepper, Olive Oil

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, saucepan, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	3	4	6
Garlic Clove**	2	3	4
Red Kidney Beans	1 carton	1 carton	2 cartons
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Red Split Lentils	100g	150g	200g
Lime**	½	1	1
Spring Onion**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Avocado	1	2	2
BBQ Sauce	32g	48g	64g
Pantry	2P	3P	4P
Water for the Lentils*	400ml	600ml	800ml
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	841g	100g
Fat (g)	3854 /921	458 /109
Sat. Fat (g)	22.8	2.7
Carbohydrate (g)	4.7	0.6
Sugars (g)	139.4	16.6
Protein (g)	36.7	4.4
Salt (g)	33.4	4.0
	2.88	0.34

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

Allergens

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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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** into 2cm wide wedges (no need to peel). Pop them on a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer, then set aside. **TIP: Use two baking trays if necessary.**

Peel and grate the **garlic**. Drain and rinse the **kidney beans** in a sieve.



Zest and Chop

Meanwhile, zest and halve the **lime**. Trim and thinly slice the **spring onion**.

Quarter the **baby plum tomatoes**.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, then cut into 1cm chunks.



Cook the Wedges

When the oven is hot, roast the **sweet potato wedges** on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **garlic** and **Mexican style spice mix**. Fry for 1 min.



Time to Salsa

Squeeze **half the lime juice** into a medium bowl and mix in the **olive oil for the salsa** (see pantry for amount). Season with **salt** and **pepper**, then add the **tomatoes** and **avocado** to the bowl.

Stir together, then set your **avo salsa** aside.



Bring on the Veggie Chili

Pour the **tomato passata**, **veg stock paste**, **red split lentils** and **water for the lentils** (see pantry for amount). Season with **salt** and **pepper**, then stir together.

Bring to the boil, then reduce the heat to medium-low and simmer until the **lentils** are tender, 20-25 mins. Stir occasionally to make sure they aren't sticking to the bottom of the pan and add a splash of **water** if it looks a little dry.

Halfway through simmering, stir in the **kidney beans**.



Finish and Serve

Once the **lentils** are cooked, stir through the **BBQ sauce**. Taste and add **salt** and **pepper** if needed, adding a splash of **water** if it's a bit dry.

Share your **sweet potato wedges** between your plates and top with the **veggie chili - wedges** loaded!

Spoon over the **avo salsa**, then scatter over the **spring onion** and **lime zest** to finish.

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

Enjoy!