



Chipotle Sweet Potato and Black Bean Rice Bowl

with Charred Corn, Cheese and Coriander Salsa

17

Rapid 20 Minutes • Medium Spice • 5 of your 5 a day • Veggie



Diced Sweet Potato



Basmati Rice



Coriander



Garlic Clove



Lime



Sweetcorn



Black Beans



Vegetable Stock Paste



Chipotle Paste



Tomato Passata



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar

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, frying pan, bowl and potato masher.

Ingredients

Ingredients	2P	3P	4P
Diced Sweet Potato**	200g	300g	400g
Basmati Rice	150g	225g	300g
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Lime**	½	1	1
Sweetcorn	150g	225g	300g
Black Beans	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste (10)	10g	15g	20g
Chipotle Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Greek Style Salad Cheese** (7)	50g	100g	100g
Pantry	2P	3P	4P
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2907 /695	538 /129
Fat (g)	14.0	2.6
Sat. Fat (g)	5.2	1.0
Carbohydrate (g)	118.1	21.9
Sugars (g)	18.5	3.4
Protein (g)	24.4	4.5
Salt (g)	3.15	0.58

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Roast the Sweet Potato

- Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle.
- Pop the **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 soft and golden, 16-18 mins. Turn halfway through.



Bring on the Beans

- Drain and rinse the **black beans** in a sieve.
- Pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **garlic** and stir-fry for 1 min.
- Stir in the **beans, veg stock paste, chipotle paste, passata, sugar** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**.
- Lightly crush **half** of the **beans** in the pan using a potato masher, then lower the heat and simmer until thickened, 3-4 mins.



Get Prepped

- 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.
- Meanwhile, roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press) and cut the **lime** into wedges. Drain the **sweetcorn** in a sieve.



Finishing Touches

- Once the **sweet potato** has roasted, stir it through the **beans** with a squeeze of **lime juice**. Taste and season with **salt** and **pepper** if needed.
- Crumble the **Greek style salad cheese** into your **corn salsa**.
- Squeeze in some **lime juice** and gently mix through.



Char the Sweetcorn

- Heat a large frying pan on high heat (no oil).
- Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.
- Transfer the **charred sweetcorn** to a small bowl, then mix in the **coriander** and **olive oil for the salsa** (see pantry for amount).
- Season with **salt** and **pepper**, stir together and set your **salsa** aside.



Assemble and Serve

- Fluff up your **rice** with a fork and share between your bowls.
- Spoon over the **chipotle sweet potato and black beans**.
- Top with the **charred corn and coriander salsa**. Finish with any remaining **lime wedges**.

Enjoy!