



# Chipotle Sweet Potato and Black Bean Rice Bowl with Cheese and Charred Corn Salsa

17

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



Diced Sweet Potato



Basmati Rice



Garlic Clove



Lime



Sweetcorn



Black Beans



Vegetable Stock Paste



Chipotle Paste



Tomato Passata



Greek Style Salad Cheese



Chorizo

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil

**CUSTOM RECIPE**

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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, lid, sieve, garlic press, frying pan, bowl and potato masher.

## Ingredients

Ingredients	2P	3P	4P
Diced Sweet Potato**	200g	300g	400g
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Lime**	½	1	1
Sweetcorn	150g	255g	340g
Black Beans	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Chipotle Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Greek Style Salad Cheese** <b>7</b>	50g	100g	100g
Chorizo**	90g	120g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	100ml	150ml
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	540g	100g	585g	100g
Energy (kJ/kcal)	2912/696	539/129	3740/894	639/153
Fat (g)	14.0	2.6	30.3	5.2
Sat. Fat (g)	5.2	1.0	11.2	1.9
Carbohydrate (g)	118.4	21.9	119.8	20.5
Sugars (g)	18.7	3.5	18.9	3.2
Protein (g)	24.4	4.5	35.6	6.1
Salt (g)	3.12	0.58	5.7	0.97

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

**a)** Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle.

**b)** 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.

**c)** When the oven is hot, roast on the top shelf until soft and golden, 16-18 mins. Turn halfway through.



## Bring on the Beans

**a)** 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.

**b)** Stir in the **beans**, **veg stock paste**, **chipotle paste**, **passata**, **sugar** and **water for the sauce** (see pantry for both amounts). Season well.

**c)** Lightly crush **half** of the **beans** in the pan using a potato masher, then lower the heat and simmer until thickened, 3-4 mins.

## CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, heat your frying pan (no oil) before frying the **garlic**. Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins, then add the **garlic** and continue as instructed.



## Get Prepped

**a)** Pour the **boiled water** from your kettle into a large saucepan with **¾ tsp salt** on high heat.

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

**c)** 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.

**d)** Meanwhile, peel and grate the **garlic** (or use a garlic press) and cut the **lime** into wedges. Drain the **sweetcorn** in a sieve.



## Time to Salsa

**a)** Crumble the **Greek style salad cheese** into the **corn**, then mix in the **olive oil for the salsa** (see pantry for amount).

**b)** Squeeze some **lime juice** from a **lime wedge** into the **salsa** and gently mix through. Season with **salt** and **pepper** if needed.

**c)** Once the **sweet potato** has roasted, stir it through the **beans** with another squeeze of **lime juice**. Taste and season with **salt** and **pepper** if needed.



## Char the Sweetcorn

**a)** Heat a large frying pan on high heat (no oil).

**b)** Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

**c)** While the **corn** chars, drain and rinse the **black beans** in a sieve

**d)** Once cooked, transfer the **charred sweetcorn** to a small bowl.



## Assemble and Serve

**a)** Fluff up your **rice** with a fork and share between your bowls.

**b)** Spoon over the **chipotle sweet potato and black beans**.

**c)** Top with the **charred corn salsa**. Finish with any remaining **lime wedges**.

## Enjoy!