



# Rice and Kidney Bean Burrito Bake with Roasted Sweet Potato & Red Pepper

Classic 40 Minutes • Very Hot • 3 of your 5 a day

19



Sweet Potato



Bell Pepper



Cajun Spice



Onion



Garlic Clove



Vegetable Stock Paste



Basmati Rice



Lime



Soured Cream



Avocado



Kidney Beans



Coriander



Cheddar Cheese



Diced Chorizo



### 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.

## Before you start

### Cooking tools, you will need:

Baking Tray, Garlic Press, Frying Pan, Saucepan with Lid, Zester, Bowl, Colander, Grater, Ovenproof Dish.

### Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Bell Pepper***	1	2	2
Cajun Spice	1 sachet	1 sachet	2 sachets
Onion**	1	1	2
Garlic Clove	1	2	2
Water for the Rice*	300ml	450ml	600ml
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Basmati Rice	150g	225g	300g
Lime**	½	1	1
Soured Cream <b>7</b> **	150g	225g	300g
Avocado**	1	1½	2
Kidney Beans	1 carton	1 carton	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Cheddar Cheese <b>7</b> **	60g	90g	120g
Diced Chorizo**	60g	90g	120g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	673g	100g
Energy (kJ/kcal)	3978/951	591/141
Fat (g)	42	6
Sat. Fat (g)	19	3
Carbohydrate (g)	113	17
Sugars (g)	17	3
Protein (g)	27	4
Salt (g)	2.22	0.33

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	703g	100g
Energy (kJ/kcal)	4456/1065	636/152
Fat (g)	51	7
Sat. Fat (g)	22	3
Carbohydrate (g)	113	16
Sugars (g)	18	3
Protein (g)	35	5
Salt (g)	3.67	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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### Roast the Veggies

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm cubes (no need to peel). Halve the **pepper** and discard the core and seeds, chop into 2cm pieces. Pop the **potato** and **pepper** on a baking tray, drizzle with **oil** and sprinkle over the **Cajun spice mix**. **TIP: Use less spice if you don't like heat.** Toss and roast on the top shelf of your oven, 20-25 mins, turn halfway through cooking.



### Cook the Rice

Meanwhile, peel and finely chop the **onion**. Peel and grate the **garlic** (or use a garlic press). Heat a frying pan over medium heat and add the **onion** and cook, stirring regularly, until softened, 5 mins. Add the **garlic** to the **onion** and cook for a further 1 minute. Pour the **water for the rice** (see ingredients for amount) into the saucepan with the **onion** and **garlic** and bring to the boil. When boiling, add the **stock paste**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins.



### CUSTOM RECIPE

If you've added **chorizo** to your meal, add it to the pan when you add the **onion** and cook the same amount of time. Follow the rest of the recipe as instructed.



### Finish the Rice

Drain and rinse the **kidney beans** in a colander. Roughly chop the **coriander** (stalks and all). Grate the **cheese**. Preheat your grill to high. Once the **rice** is cooked, stir through the **kidney beans**, remaining **lime juice** and **half the coriander**, then transfer to an ovenproof dish.



### Grill Time

Add the **roasted vegetables** to the dish with the **rice** and gently combine everything together. Sprinkle over the **grated cheese** and pop the dish under your grill until the **cheese** is bubbling, 3-4 mins.



### Make the Toppings

Zest and halve the **lime**. Put the **soured cream** in a bowl and stir in the **lime zest**. Season with **salt** and **pepper** and stir together. Slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh onto a board. Chop into 2cm chunks. Put the **avocado** into a bowl and squeeze over **half the lime juice**.



### Garnish and Serve

Remove from your grill and scatter over the **avocado**. Dollop the **soured cream** across the top and sprinkle with the remaining **coriander**. Share between your bowls.

Enjoy!