



# Roasted Sweet Potato and Kidney Bean Chilli with Rice, Soured Cream and Cheese

20

Classic 30-35 Minutes • Medium Spice • 3 of your 5 a day



Sweet Potato



Cajun Spice Mix



Basmati Rice



Green Pepper



Garlic Clove



Red Kidney Beans



Mature Cheddar Cheese



Tomato Passata



Vegetable Stock Paste



BBQ Sauce



Soured Cream



Diced Chorizo

### Pantry Items

Oil, Salt, Pepper

### 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

Baking tray, saucepan, lid, frying pan, garlic press, sieve and grater.

## Ingredients

| Ingredients                | 2P       | 3P         | 4P        |
|----------------------------|----------|------------|-----------|
| Sweet Potato               | 1        | 2          | 2         |
| Cajun Spice Mix            | 1 sachet | 1 sachet   | 2 sachets |
| Basmati Rice               | 150g     | 225g       | 300g      |
| Green Pepper**             | 1        | 1          | 2         |
| Garlic Clove**             | 1        | 2          | 2         |
| Red Kidney Beans           | 1 carton | 1½ cartons | 2 cartons |
| Mature Cheddar Cheese** 7) | 60g      | 90g        | 120g      |
| Tomato Passata             | 1 carton | 1½ cartons | 2 cartons |
| Vegetable Stock Paste 10)  | 10g      | 15g        | 20g       |
| BBQ Sauce                  | 32g      | 48g        | 64g       |
| Soured Cream** 7)          | 75g      | 120g       | 150g      |
| Diced Chorizo**            | 90g      | 120g       | 180g      |
| Pantry                     | 2P       | 3P         | 4P        |
| Water for the Rice*        | 300ml    | 450ml      | 600ml     |
| Water for the Sauce*       | 150ml    | 225ml      | 300ml     |

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

## Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal)                       | 3212/768    | 537/128  |
| Fat (g)                                | 19.8        | 3.3      |
| Sat. Fat (g)                           | 11.4        | 1.9      |
| Carbohydrate (g)                       | 116.0       | 19.4     |
| Sugars (g)                             | 18.4        | 3.1      |
| Protein (g)                            | 25.4        | 4.2      |
| Salt (g)                               | 2.90        | 0.49     |
| Custom Recipe                          | Per serving | Per 100g |
| for uncooked ingredient                | 643g        | 100g     |
| Energy (kJ/kcal)                       | 3929/939    | 611/146  |
| Fat (g)                                | 33.7        | 5.3      |
| Sat. Fat (g)                           | 16.39       | 2.6      |
| Carbohydrate (g)                       | 116.1       | 18.1     |
| Sugars (g)                             | 18.6        | 2.9      |
| Protein (g)                            | 36.6        | 5.7      |
| Salt (g)                               | 5.08        | 0.79     |

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.

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## Sweet Potato Prep

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

Chop the **sweet potato** into 2cm chunks (no need to peel). Pop them onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **Cajun spice mix**. Toss to coat, then 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, 25-35 mins. Turn halfway through.



## Make the Chilli

Once the **pepper** has softened, stir in the **garlic** and remaining **Cajun spice mix** (add less if you'd prefer things milder) and cook for 1 min.

Add the **passata**, **veg stock paste**, **BBQ sauce**, **water for the sauce** (see pantry for amount) and **kidney beans** to the pan, then season with **salt** and **pepper**.

Stir together, then bring to a simmer and cook until thickened, 8-10 mins.



## Cook the Rice

Meanwhile, pour the **cold water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

While the **rice** cooks, halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.



## Finish Up

Once thickened, stir the **roasted sweet potato** through the **chilli**.

Add a splash of **water** to loosen if you feel it needs it. Taste and season with **salt** and **pepper** if needed.



## Fry Time

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

Once hot, add the **pepper** and cook, stirring occasionally, until soft and golden, 6-8 mins.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a sieve. Grate the **cheese**.

## CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, heat up your frying pan without any **oil**. Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins, then add the **pepper** and continue as instructed.



## Serve

When everything's ready, fluff up the **rice** with a fork, then share between your bowls.

Spoon the **sweet potato chilli** over the top.

Finish with a dollop of **soured cream** and a sprinkle of **cheese**.

## Enjoy!