



Sweet Potato and Refried Bean Burrito Bowl with Soured Cream and Cheese

Calorie Smart 20 Minutes • 4 of your 5 a day • Veggie • Under 650 Calories

23



Bell Pepper



Sweet Potato



Mexican Style Spice Mix



Basmati Rice



Black Beans



Garlic Clove



Tomato Puree



Vegetable Stock Paste



Mature Cheddar Cheese



Soured Cream

Pantry Items
Oil, Salt, Pepper

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, bowl, garlic press and grater.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Sweet Potato**	1	2	2
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Basmati Rice	100g	150g	200g
Black Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	2	3	4
Tomato Puree	30g	45g	60g
Vegetable Stock Paste (10)	10g	15g	20g
Mature Cheddar Cheese** (7)	30g	40g	60g
Soured Cream** (7)	75g	120g	150g

Pantry	2P	3P	4P
Water for the Beans*	100ml	150ml	200ml

*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

Typical Values for uncooked ingredient	Per serving 453g	Per 100g 100g
Energy (kJ/kcal)	2541 /607	561 /134
Fat (g)	15.5	3.4
Sat. Fat (g)	8.2	1.8
Carbohydrate (g)	94.3	20.8
Sugars (g)	16.8	3.7
Protein (g)	22.4	4.9
Salt (g)	2.52	0.56

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

PersonalPoints™ values based on low-cal cooking spray oil.

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 Veg

- Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips. Chop the **sweet potato** into 2cm chunks (no need to peel).
- Pop the **pepper** and **sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **Mexican style spice mix**. Toss to coat, then spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden and tender, 15-18 mins.



Simmer your Refried Beans

- Stir in the **water for the sauce** (see pantry for amount), **vegetable stock paste** and **black beans** (whole and crushed).
- Bring to the boil, then reduce the heat to medium and simmer until the **sauce** has thickened, 6-8 mins.



Rice Time

- Meanwhile, pour the **boiled water** 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.



Say Cheese

- While the **beans** simmer, grate the **cheese**.
- Once the **beans** are ready, add a splash of **water** if they're a little dry. Taste and add **salt** and **pepper** if needed.



Finish the Prep

- While everything cooks, drain and rinse the **black beans** in a sieve. Put **half** into a bowl and mash with the back of a fork.
- Peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a medium saucepan on medium-high heat.
- Once hot, add the **garlic**, **tomato puree** and remaining **Mexican style spice mix**. Stir-fry for 30 secs.



Serve

- When ready, fluff up the **rice** with a fork and share between your bowls.
- Top with the **refried beans**, **roasted sweet potatoes** and **peppers**.
- Add a dollop of **soured cream**, then finish with the **grated cheese**.

Enjoy!