



# Veggie Chilli Sweet Potato Jacky-P with Beans, Bell Pepper and Cheese

Classic 40-45 Minutes • 5 of your 5 a day • Veggie

21



Sweet Potato



Garlic Clove



Red Kidney Beans



Bell Pepper



Central American  
Style Spice Mix



Red Wine  
Stock Paste



Tomato Passata



Mature Cheddar  
Cheese

**Pantry Items**

Oil, Salt, Pepper, 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

Baking tray, garlic press, sieve, frying pan, potato masher and grater.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	3	5	6
Garlic Clove**	2	3	4
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Bell Pepper***	2	3	4
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Red Wine Stock Paste <b>14)</b>	28g	42g	56g
Tomato Passata	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** <b>7)</b>	60g	80g	120g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2986 /714	380 /91
Fat (g)	13.7	1.7
Sat. Fat (g)	7.4	0.9
Carbohydrate (g)	113.4	14.4
Sugars (g)	41.2	5.3
Protein (g)	28.7	3.7
Salt (g)	3.94	0.50

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

## Allergens

**7) Milk 14) Sulphites**

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 Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve the **sweet potatoes** lengthways and pop them onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

Rub the **oil** over the **potatoes**, then lay them, cut-side down, on the baking tray.

When the oven is hot, roast on the top shelf until tender and a knife slips in easily, 30-40 mins.



## Roast the Peppers

When the **sweet potatoes** have 15 mins left, add the **bell pepper** to another large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Roast on the middle shelf of your oven until soft and slightly charred, 12-14 mins.



## Get Prepped

While the **potatoes** roast, peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **kidney beans** in a sieve.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



## Add the Veg

Meanwhile, grate the **cheese**.

Once the **peppers** have roasted, stir them through the **bean chilli** (reheat if necessary).

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too dry.



## Simmer your Bean Chilli

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

Once hot, add the **garlic** and **Central American style spice mix**. Fry for 30 secs.

Add the **beans**, **red wine stock paste**, **passata**, **sugar** and **water for the sauce** (see pantry for both amounts) to the pan. Roughly mash **half** the **beans** using a potato masher or the back of a fork, then stir everything together.

Bring to the boil, then turn the heat down to medium and simmer until thickened, 8-10 mins.



## Finish and Serve

Using a fork, fluff up the inside of the **sweet potatoes** and add a knob of **butter** if you'd like.

Share the **potatoes** between your plates and top with the **bean chilli**.

Sprinkle over the **grated cheese** to finish.

## Enjoy!