

Veggie Chilli Sweet Potato Jacky-P

with Beans, Bell Pepper and Cheese

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











Sweet Potato





Bell Pepper

Red Kidney Beans



Central American



Red Wine

Stock Paste

Style Spice Mix



Tomato Passata



Mature Cheddar Cheese

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 14)	28g	42g	56g
Tomato Passata	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	60g	80g	120g
Pantry	2P	3P	4P
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 quarantee you get the best quality

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	785g	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.

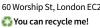
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Roast the Sweet Potatoes

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.



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.



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.



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.



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.



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!