



**More Than Food**

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## Sweet Potato Bake with Jalapeño Chilli and Feta

Every week at the Fresh Farm we sit down and read every single one of the feedback questionnaires you send to us. Most temperamental chefs wouldn't be so keen if you wandered through the restaurant into the kitchen to give an opinion, but Patrick really gets into it. This is a perfect example: flavours you previously loved but with a method that's been totally simplified. He's got his fingers crossed for a high score!



40 mins



veggie



spicy



healthy



gluten  
free



Sweet Potato



Coriander



Jalapeño Chillies



Spring Onion



Red Onion



Cherry Tomatoes



Smoked Paprika



Organic Black Beans




Lime



Feta Cheese

Ingredients

	2P	4P
Sweet Potato, chopped	1	2
Coriander, chopped	3 tbsp	5 tbsp
Jalapeño Chillies, chopped	2 tsp	4 tsp
Spring Onion, chopped	1	2
Red Onion, chopped	1	2
Cherry Tomatoes, quartered	1 punnet	2 punnets
Smoked Paprika	½ tsp	1 tsp
Organic Black Beans	1 tin	2 tins
Lime	½	1
Feta Cheese 1	1 block	2 blocks

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk

Nutrition per serving: Calories: 513 kcal | Protein: 26 g | Carbs: 82 g | Fat: 9 g | Saturated Fat: 5 g



**1** Pre-heat the oven to 220 degrees and wash the sweet potato. Chop the potato in half lengthways, then in half lengthways again. Chop into roughly 2cm cubes. Place the sweet potato pieces on a baking tray, drizzle over 1 tbsp of olive oil and cook in the oven for 15-20 mins until just cooked.



**2** Roughly chop the coriander and the jalapeño chillies. Finely chop the spring onion into micro-thin discs, separating the green and white parts. Peel and finely chop the red onion. Chop the cherry tomatoes into quarters.



**3** Heat 1 tbsp of olive oil in a non-stick frying pan on medium heat. Gently cook all but a tbsp of the red onion for around 5 mins until soft. Stir in ¼ tsp of salt. Add in the smoked paprika and continue to cook for a minute.



**4** Drain and thoroughly rinse the black beans before adding them to the pan. Add the jalapeño chillies and another pinch of salt. Cook for 2 mins and then turn off the heat. **Tip:** Jalapeños are hot so add them according to taste!

**5** Add three quarters of the coriander. Thoroughly mix everything together a few grinds

of black pepper. Lastly, stir in 1 tsp of the whites of the spring onion and squeeze in 1 tbsp of lime juice. **Tip:** You can add more of the spring onion according to personal taste.

**6** Once the potatoes are soft enough to eat, remove them from the oven and turn your grill onto its highest setting. Pile the bean mixture onto the sweet potatoes. Crumble three quarters of the feta over the top and grill for 5 mins or until nice and golden brown.

**7** Toss together the tomatoes with the remaining coriander and a pinch of salt and pepper. Drizzle over a little olive oil, with a squeeze of lime and the remaining tbsp of diced red onion. **Tip:** If you don't like raw onion, just gently cook it off in a frying pan first with a little oil or you can miss it out altogether.

**8** Serve a big spoon of the bake with the greens of the spring onion for garnish, a bit more crumbled feta, and the tomato salad on the side - Arriba!