



# Boston Bean Loaded Sweet Potato Jacky-P with Soured Cream and Pickled Onion

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Classic 40-45 Minutes • Mild Spice • 5 of your 5 a day



Sweet Potato



Red Onion



Garlic Clove



Mixed Beans



Cider Vinegar



Worcester Sauce



Tomato Passata



Chipotle Paste



Vegetable Stock Paste



Soured Cream



Baby Leaf Mix



Bacon Lardons

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil

**CUSTOM RECIPE**

If you chose to add 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, garlic press, sieve, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	3	4½	6
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Mixed Beans	1 carton	1½ cartons	2 cartons
Cider Vinegar <b>14)</b>	15ml	15ml	30ml
Worcester Sauce <b>13)</b>	15g	22g	30g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	40g	40g
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Soured Cream** <b>7)</b>	75g	150g	150g
Baby Leaf Mix**	50g	75g	100g
Bacon Lardons**	90g	120g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	781g	100g	826g	100g
Energy (kJ/kcal)	2961 /708	379 /91	3449 /824	418 /100
Fat (g)	15.0	1.9	24.1	2.9
Sat. Fat (g)	5.7	0.7	8.6	1.0
Carbohydrate (g)	115.6	14.8	116.5	14.1
Sugars (g)	45.4	5.8	45.4	5.5
Protein (g)	21.1	2.7	28.8	3.5
Salt (g)	2.58	0.33	3.81	0.46

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

## Allergens

**7)** Milk **10)** Celery **13)** Cereals containing gluten  
**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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## Bake 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.

Roast on the top shelf of your oven until tender and a knife slips in easily, 30-40 mins.



## Simmer Time

Pour the **sugar** and **water for the sauce** (see pantry for both amounts) into the **beans** and stir well.

Bring the **beans** to a boil, then reduce the heat and simmer until thickened, 8-10 mins.

Once cooked, remove from the heat. Taste and add **salt** and **pepper** if you feel it needs it. Add a splash of **water** if a little too thick.



## Get Prepped

Meanwhile, halve, peel and thinly slice the **red onion** as thinly as you can.

Peel and grate the **garlic** (or use a garlic press).

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

Pop **half** the **sliced onion** into a small bowl with the **cider vinegar** and **sugar for the pickle** (see pantry for amount). Add a pinch of **salt**, mix together, then set aside.



## Load your Spuds

Once the **sweet potatoes** are cooked, fluff up their insides using a fork and add a knob of **butter** if you'd like.

Top with the **Boston beans**, **soured cream** and **pickled onion** (leave the **pickling liquid** in the bowl - you'll need it for the **dressing**).



## Cook the Boston Beans

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the remaining **red onion** to the pan and stir-fry until softened, 4-5 mins. Stir in the **garlic** and cook for 1 min.

Add the **mixed beans** and **Worcester sauce** to the pan. Allow the **Worcester sauce** to bubble away until evaporated, 30 secs, then stir in the **passata**, **chipotle paste** (add less if you'd prefer things milder) and **veg stock paste**.

## CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the pan with the remaining **onion** and stir-fry until golden, 4-5 mins, then add the **garlic** and continue as instructed.

**IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



## Finish and Serve

Mix the **olive oil for the dressing** (see pantry for amount) into the bowl of **pickling liquid**.

Add the **baby leaves** to the bowl. Toss to coat, then serve alongside your **Boston bean jacky-Ps**.

## Enjoy!