



Cajun Sweet Potato and Charred Corn Stew

with Bulgur Wheat, Avocado & Tomato Salsa and Cheese

43

Classic 30-35 Minutes • Medium Spice • 5 of your 5 a day



-  Sweet Potato
-  Bulgur Wheat
-  Vegetable Stock Paste
-  Garlic Clove
-  Sweetcorn
-  Lime
-  Cajun Spice Mix
-  Tomato Passata
-  Medium Tomato
-  Avocado
-  Soured Cream
-  Diced Chorizo

Pantry Items
Oil, Salt, Pepper, Sugar

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. Ingredients in red are hot!

Cooking tools

Baking tray, saucepan, lid, garlic press, sieve, fine grater, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Bulgur Wheat 13	120g	180g	240g
Vegetable Stock Paste 10	20g	30g	40g
Garlic Clove**	2	3	4
Sweetcorn	160g	340g	340g
Lime**	1	1	1
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Medium Tomato	2	3	4
Avocado	1	2	2
Soured Cream** 7	75g	120g	150g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Bulgur*	240ml	330ml	440ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	961g	100g	1006g	100g
Energy (kJ/kcal)	3508/838	365/87	4336/1036	431/103
Fat (g)	27.0	2.8	43.3	4.3
Sat. Fat (g)	8.3	0.9	14.3	1.4
Carbohydrate (g)	131.1	13.6	132.5	13.2
Sugars (g)	33.9	3.5	34.1	3.4
Protein (g)	20.2	2.1	31.4	3.1
Salt (g)	3.27	0.34	5.86	0.58

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

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, cereals containing 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 Potato

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

Chop the **sweet potatoes** into 2cm chunks (no need to peel), then pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden and tender, 18-20 mins. Turn halfway through.



Bring on the Spiced Sauce

Once the **corn** is charred, lower the heat. Add the **garlic** and **Cajun spice mix** (add less if you'd prefer things milder), then stir-fry for a further 30 secs.

Stir in the **passata** and remaining **vegetable stock paste** along with the **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then simmer until thickened, 5-6 mins.



Get the Bulgur On

Meanwhile, pour the **water for the bulgur** (see pantry for amount) into a large saucepan, stir in **half the vegetable stock paste** and bring to the boil.

Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Time to Salsa

While the **sauce** simmers, cut the **tomatoes** into 1cm chunks and pop into a medium bowl.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut it into 1cm chunks and add it to the tomatoes.

Drizzle over some **olive oil** and squeeze in some **lime juice** from a **lime wedge**. Season with **salt** and **pepper**, mix together, then set your **salsa** aside.



Finish your Prep

Next, peel and grate the **garlic** (or use a garlic press). Drain the **sweetcorn** in a sieve. Zest and cut the **lime** into wedges.

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

Once hot, add the **corn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **corn** to pick up some nice colour.

CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add it to the pan with the **sweetcorn** and fry until browned, 5-6 mins, then continue as instructed.



Finish and Serve

Once roasted, stir the **sweet potato** into the **sauce**. Season with **salt** and **pepper**, squeeze in some **lime juice**, then remove from the heat. Add a splash of **water** if it's a little too thick.

Fluff up the **bulgur** with a fork, stir through the **lime zest**, then share between your bowls. Top with the **spiced stew**.

Serve with the **salsa** on the side and top with a dollop of **soured cream**. Serve any remaining **lime wedges** alongside for squeezing over.

Enjoy!