



Harissa Sweet Potato and Butter Bean Stew

with Bell Pepper, Dill and Garlic Ciabatta Dippers

Quick 20-25 Minutes • **Medium Spice** • 3 of your 5 a day • Veggie

17



Diced Sweet Potato



Chermoula Spice Mix



Bell Pepper



Garlic Clove



Butter Beans



Ciabatta



Tomato Passata



Vegetable Stock Paste



Harissa Paste



Dill



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar

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, garlic press, saucepan and sieve.

Ingredients

Ingredients	2P	3P	4P
Diced Sweet Potato**	200g	300g	400g
Chermoula Spice Mix	½ sachet	¾ sachet	1 sachet
Bell Pepper***	1	2	2
Garlic Clove**	3	4	6
Butter Beans	1 carton	1½ cartons	2 cartons
Ciabatta 13)	1	2	2
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Harissa Paste 14)	50g	75g	100g
Dill**	1 bunch	1 bunch	1 bunch
Greek Style Salad Cheese** 7)	50g	100g	100g

Pantry	2P	3P	4P
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be 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)	2251/538	370/89
Fat (g)	20.0	3.3
Sat. Fat (g)	5.0	0.8
Carbohydrate (g)	69.1	11.4
Sugars (g)	18.4	3.0
Protein (g)	17.1	2.8
Salt (g)	3.58	0.59

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, 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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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1



Roast the Sweet Potato

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

b) Pop the **diced sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **chermoula spice mix** (see ingredients for amount).

c) Toss to coat and spread out in a single layer.

TIP: Use two baking trays if necessary.

d) When the oven is hot, roast on the top shelf until golden, 16-18 mins. Turn halfway through.

4



Toast the Garlic Ciabatta

a) Pop the **garlic ciabatta** onto the middle shelf of your oven until toasted, 4-5 mins.

b) Roughly chop the **dill** (stalks and all).

2



Cook the Pepper

a) Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips, then cut in half widthways.

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

c) Heat a drizzle of **oil** in a large saucepan on high heat. Once hot, add the **pepper** and fry until just soft, 3-4 mins.

d) Meanwhile, drain and rinse the **butter beans** in a sieve. Halve the **ciabatta** and lay it onto another baking tray, cut-side up. Spread over **half** the **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).

5



Finish Up

a) When everything's ready, stir the **roasted sweet potato** and **half** the **dill** into the **stew**.

b) Taste and add more **salt** and **pepper** if needed.

c) Cut the **garlic ciabatta** diagonally into triangles.

3



Simmer your Stew

a) Once the **pepper** has softened, reduce the heat to medium-high, then add the remaining **garlic** and stir-fry for 30 secs.

b) Add the **passata**, **veg stock paste**, **harissa paste**, remaining **chermoula** (add less of both if you'd prefer things milder) and the **sugar** and **water for the sauce** (see pantry for both amounts).

c) Stir in the **butter beans** and season with **salt** and **pepper**.

d) Bring to a boil, then reduce the heat and simmer until slightly thickened, 5-6 mins.

6



Time to Serve

a) Share the **harissa stew** between your bowls.

b) Crumble over the **greek style salad cheese** and garnish with the remaining **dill**.

c) Serve the **garlic ciabatta dippers** on the side.

Enjoy!