















Creamy Cajun Stew and Ciabatta

with Corn, Butter Beans and Sweet Potato

Quick 20-25 Minutes • **Medium Spice** • 4 of your 5 a day

17



-  Sweet Potato
-  Onion
-  Garlic Clove
-  Ciabatta
-  Sweetcorn
-  Butter Beans
-  Cajun Spice Mix
-  Tomato Passata
-  Creme Fraiche
-  Vegetable Stock Paste
-  Honey
-  Diced Chorizo

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. Ingredients in red are hot!

Cooking tools

Baking tray, saucepan, garlic press and sieve.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	1½	2
Onion**	1	1½	2
Garlic Clove**	2	3	4
Ciabatta 13	1	2	2
Sweetcorn	160g	240g	320g
Butter Beans	1 carton	1½ cartons	2 cartons
Cajun Spice Mix	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Creme Fraiche** 7	75g	120g	150g
Vegetable Stock Paste 10	15g	25g	30g
Honey	15g	22g	30g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Sugar for the Onions*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	150ml	200ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	675g	100g	720g	100g
Energy (kJ/kcal)	2688 /642	398 /95	3516 /840	488 /117
Fat (g)	21.3	3.2	37.5	5.2
Sat. Fat (g)	8.9	1.3	14.9	2.1
Carbohydrate (g)	90.4	13.4	91.8	12.8
Sugars (g)	31.2	4.6	31.5	4.4
Protein (g)	19.2	2.8	30.5	4.2
Salt (g)	3.76	0.56	6.34	0.88

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. Be careful when adding water to hot pans while cooking.

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

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Roasting

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potatoes** into 2cm chunks (no need to peel)
- Put the **sweet potato chunks** 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, 18-20 mins. Turn halfway through.



Simmer Simmer

- Add the remaining **garlic** and **Cajun spice mix** (add less if you'd prefer things milder) to the **onion** and fry for 1 min more.
- Stir through the **passata**, **creme fraiche**, **veg stock paste**, **butter beans**, **sweetcorn** and **water for the sauce** (see pantry for amount).
- Bring to a boil, then lower the heat and simmer the **sauce** until thickened slightly, 5-6 mins.

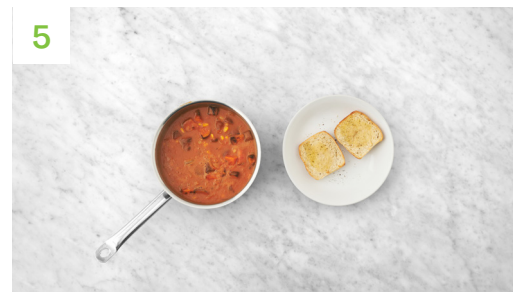


Caramelize the Onion

- Meanwhile, halve, peel, and thinly slice the **onion**.
- Heat a drizzle of **oil** and a knob of **butter** (if you have any) in a medium saucepan on medium heat.
- Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and softened, 8-10 mins.
- Add the **sugar for the onions** (see pantry for amount) and cook until caramelised, 1-2 mins more.

CUSTOM RECIPE

If you're adding **chorizo**, add it to the pan halfway through cooking the **onion**. Fry until browned, 3-4 mins, then continue as instructed.



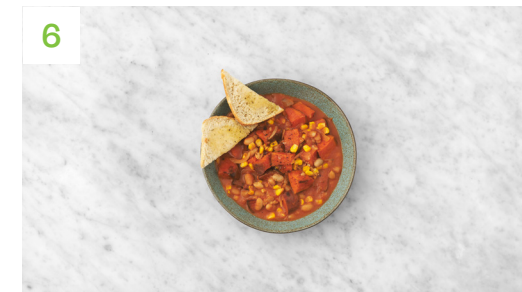
Finishing Touches

- Remove the **sweet potato** from the oven and bake the **garlic ciabatta** on the top shelf of your oven until golden, 4-5 mins.
- Stir the **roasted sweet potato** and **honey** into the **stew**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Taste the **stew** and season with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.



Finish the Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve the **ciabatta** and lay onto a baking tray, cut-side up. Spread over **half** the **garlic** and drizzle over the **olive oil for the garlic bread** (see pantry for amount). Set aside.
- Drain and rinse the **sweetcorn** and **butter beans** in a sieve.



Serve Up

- Share the **creamy Cajun stew** between your bowls.
- Serve with your **garlic ciabatta** alongside.

Enjoy!