

# Easy Smoky Chicken, Sweet Potato and Black Bean Bowl with Rice and Baby Spinach

12

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



Sweet Potato



Basmati Rice



Onion



Diced British Chicken Breast



Garlic Clove



Black Beans



Mexican Style Spice Mix



Tomato Passata



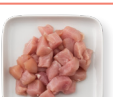
Smoky Base Paste



Chicken Stock Paste



Baby Spinach



Diced British Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Honey, Butter, Mayonnaise

### + Double Chicken Breast

If you chose to double chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



Ready in less than 25 minutes, this Easy Smoky Chicken, Sweet Potato and Black Bean Bowl is quick and full of flavour. We're using Mexican inspired spices and smoky base paste, made with smoked paprika and smoked salt, to bring rich smoky flavour to your dish.



## 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

Kettle, baking tray, saucepan, sieve, lid, frying pan and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Basmati Rice	150g	225g	300g
Onion	1	2	2
Diced British Chicken Breast**	240g	390g	520g
Garlic Clove**	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Smoky Base Paste	1 sachet	1½ sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

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


## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	735g	100g	855g	100g
Energy (kJ/kcal)	3866 / 924	526 / 126	4464 / 1067	522 / 125
Fat (g)	24.0	3.3	26.2	3.1
Sat. Fat (g)	7.4	1.0	8.0	0.9
Carbohydrate (g)	122.8	16.7	122.9	14.4
Sugars (g)	25.8	3.5	25.9	3.0
Protein (g)	50.6	6.9	79.6	9.3
Salt (g)	3.54	0.48	3.66	0.43

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

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, mollusc, 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.

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## Get Started

- Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a half-full kettle. Chop the **sweet potato** 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, 20-22 mins. Turn halfway through.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins. Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



## Add the Flavour

- Add the **black beans**, **garlic** and **Mexican style spice mix** to the **chicken** and fry until fragrant, 1-2 mins.
- Stir in the **passata**, **smoky base paste**, **chicken stock paste** and **water for the sauce** (see pantry for amount) until well combined.
- Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Get Frying

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and **onion** to the pan and season with **salt** and **pepper**.
- Fry until golden brown on the outside, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

### + Double Chicken Breast

If you're doubling up on **chicken**, cook the recipe in the same way.



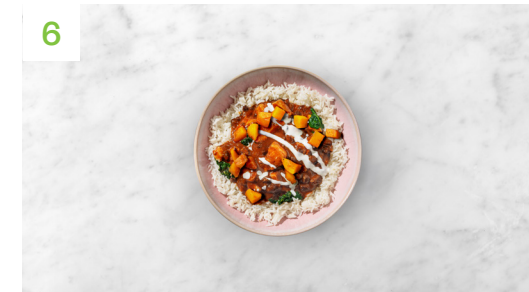
## Finish Up

- Once the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir in the **honey**, **butter** (see pantry for both amounts) and **roasted sweet potato**.
- Taste and season with **salt** and **pepper** if needed.
- Add a splash of **water** if the **sauce** is a little too thick.



## Finish Prepping

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **black beans** in a sieve.



## Serve

- Share the **rice** between your serving bowls.
- Spoon over the **smoky chicken**, **sweet potato** and **beans**.
- Finish by drizzling over the **mayo** (see pantry for amount).

## Enjoy!