



Sweet Potato and Refried Bean Burrito Bowl

with Chipotle, Soured Cream and Cheese

Quick 20-25 Minutes • **Very Hot** • 3 of your 5 a day • Veggie

18



Bell Pepper



Diced Sweet Potato



Central American Style Spice Mix



Basmati Rice



Black Beans



Garlic Clove



Chipotle Paste



Tomato Puree



Vegetable Stock Paste



Mature Cheddar Cheese



Soured Cream

Pantry Items

Oil, Salt, Pepper, Honey

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, bowl, garlic press and grater.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Diced Sweet Potato**	200g	300g	400g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Basmati Rice	100g	150g	200g
Black Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	2	3	4
Chipotle Paste	20g	30g	40g
Tomato Puree	30g	45g	60g
Vegetable Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7)	30g	40g	60g
Soured Cream** 7)	75g	120g	150g
Pantry	2P	3P	4P
Water for the Beans*	100ml	150ml	200ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

*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	Per serving	Per 100g
for uncooked ingredient	491g	100g
Energy (kJ/kcal)	2534 /606	516 /123
Fat (g)	15.9	3.2
Sat. Fat (g)	8.2	1.7
Carbohydrate (g)	92.2	18.8
Sugars (g)	20.5	4.2
Protein (g)	22.5	4.6
Salt (g)	2.61	0.53

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

Allergens

7) Milk

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.

Contact

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Roast the Veg

- Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a half-full kettle.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Pop the **sliced pepper** and **diced sweet potato** onto a large baking tray. Drizzle with **oil**, sprinkle over **half** the **Central American style spice mix**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden and tender, 18-20 mins.



Simmer the Beans

- Once fragrant, stir the **water for the beans** (see pantry for amount), **veg stock paste** and **black beans** (whole and crushed) into the **garlic**.
- Bring to the boil, then reduce the heat to medium and simmer until the **bean mixture** has thickened, 6-8 mins.



Rice Time

- Meanwhile, 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.



Say Cheese

- While the **beans** simmer, grate the **cheese**.
- Once the **beans** are ready, stir in the **honey** (see pantry for amount).
- Taste and add **salt** and **pepper** if needed. Add a splash of **water** if they're a little too dry.



Finish the Prep

- While everything cooks, drain and rinse the **black beans** in a sieve. Put **half** into a bowl and mash with the back of a fork.
- Peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a medium saucepan on medium-high heat.
- Once hot, add the **garlic**, **chipotle paste**, **tomato puree** and remaining **Central American style spice mix**. Stir-fry for 30 secs, until fragrant.



Serve

- When ready, fluff up the **rice** with a fork and share between your bowls.
- Top with the **refried beans** and **roasted veg**.
- Add a dollop of **soured cream**, then scatter over the **grated cheese**.

Enjoy!