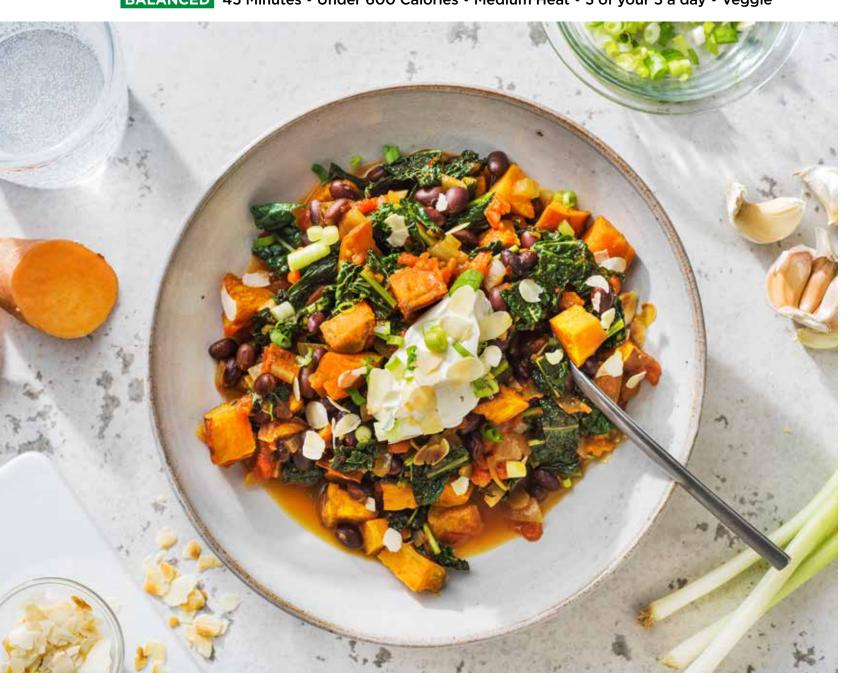


Black Bean & Sweet Potato Stew

With Kale & Harissa

BALANCED 45 Minutes • Under 600 Calories • Medium Heat • 3 of your 5 a day • Veggie







Diced Sweet Potato



Garlic Clove







Spring Onion



Flaked Almonds



Harissa Paste



Vegetable Stock Powder



Finely Chopped Tomatoes with Onion and Garlic



Black Beans





Greek Yoghurt



Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press), Large Saucepan, Measuring Jug, Colander,

Ingredients

iiigi caiciits			
	2P	3P	4P
Diced Sweet Potato**	1 small pack	1 large pack	2 small packs
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Spring Onion**	1	2	2
Flaked Almonds 2)	1 small pot	1 large pot	1 large pot
Harissa Paste	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Black Beans	1 carton	1½ cartons	2 cartons
Kale**	1 small bag	1 small bag	1 large bag
Greek Yoghurt 7)**	75g	100g	150g

^{*}Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	767g	100g
Energy (kJ/kcal)	2280 /545	297 /71
Fat (g)	20	3
Sat. Fat (g)	4	1
Carbohydrate (g)	70	9
Sugars (g)	22	3
Protein (g)	21	3
Salt (g)	3.43	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 10) Celery

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Packed in the UK

HelloFRESH

Contact

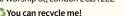
Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps



The Fresh Farm 60 Worship St, London EC2A 2EZ





Preheat your oven to 200°C. Pop the sweet potato on a baking tray, drizzle with **oil** and season with **salt** and pepper. Toss to coat and roast on the top shelf of your oven until golden on the outside and soft in the middle, 20-25 mins. Turn halfway through cooking.



2. Prep Time

Meanwhile, halve, peel and chop the onion into small pieces. Peel and grate the garlic (or use a garlic press). Trim the spring onions then slice thinly. Heat a large saucepan on medium heat (no oil) and add the **almonds**. Toast until golden 2-3 minutes. **TIP:** Watch the almonds like a hawk as they can burn easily. Once toasted, transfer to a small bowl and set aside.



3. Start the Stew

Put the saucepan back onto a medium-high heat and add a drizzle of **oil**. Add the **onion** and cook for until golden, stirring occasionally. 4-5 minutes. Add the garlic and harissa and cook for a further minute. Pour in the water (see ingredients for amount), veg stock powder and chopped tomatoes. Bring to a boil, reduce the heat to medium, and simmer until it has thickened slightly, 7-8 mins. Stir occasionally.



4. Add the Beans

Meanwhile, drain and rinse the black beans in a colander. When the sauce has cooked down, add the **black beans** and **kale** stirring occasionally. Continue to simmer until the stew has thickened and the kale is tender, 10-12 mins.



5. Finish the Stew

Once the **sweet potato** is cooked, remove it from the oven and stir it through your **stew**. Season to taste with salt and pepper. Add a splash of water if it's too thick.



6. Time to Serve

Divide the **bean stew** between your bowls. Finish with a dollop of Greek yoghurt and generously sprinkle on the toasted almonds and spring onion.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Sugar

Featured Ingredient: Almonds are rich in vitamin E. Vitamin E is an antioxidant, which protects cells from oxidative damage.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.

