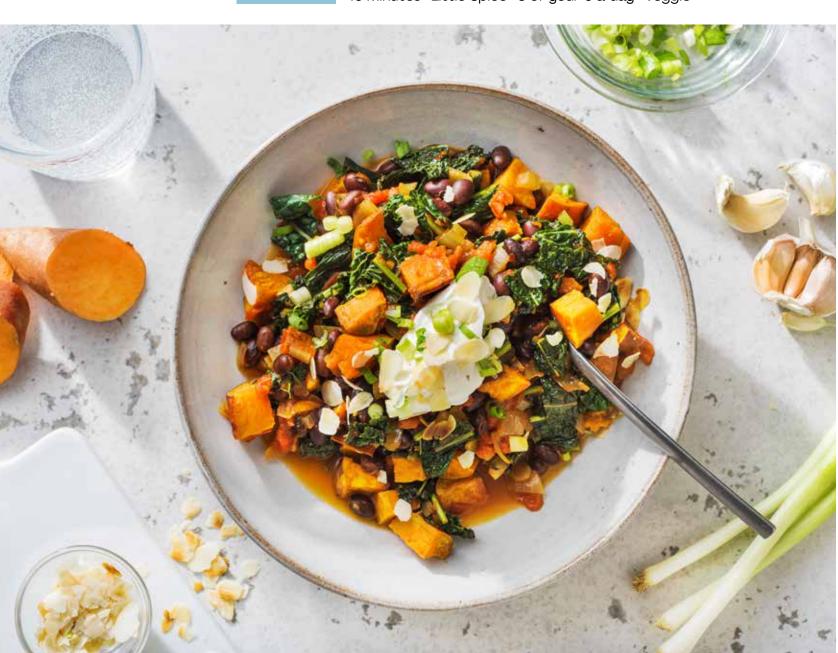


Black Bean & Sweet Potato Stew

With Cavolo Nero & Harissa

Calorie Smart 45 Minutes • Little Spice • 3 of your 5 a day • Veggie







Diced Sweet Potato





Garlic Clove





Flaked Almonds



Spring Onion





Finely Chopped Tomatoes with

Onion and Garlic

Vegetable Stock Powder





Cavolo Nero



Greek Yoghurt

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Baking Tray, Garlic Press, Saucepan, Bowl, Measuring Jug, Wooden Spoon, Colander

Ingredients

	2P	3P	4P	
Diced Sweet Potato**	300g	450g	600g	
Onion**	1	1	2	
Garlic Clove	1 clove	2 clove	2 clove	
Spring Onion**	1	2	2	
Flaked Almonds 2)	15g	25g	25g	
Harissa Paste	1 sachet	1 1/2 sachets	2 sachets	
Water for the Sauce*	200ml	300ml	400ml	
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets	
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1 ½ cartons	2 cartons	
Black Beans	1 carton	1 1/2 cartons	2 cartons	
Cavolo Nero**	100g	150g	200g	
Greek Yoghurt 7)**	75g	100g	150g	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	767g	100g
Energy (kJ/kcal)	2288 /547	298/71
Fat (g)	20	3
Sat. Fat (g)	4	1
Carbohydrate (g)	73	10
Sugars (g)	22	3
Protein (g)	18	2
Salt (g)	3.55	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

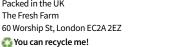
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Roast Sweet Potato

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.



Prep

Meanwhile, halve, peel and chop the onion into small pieces. Peel and grate the garlic (or use a garlic press). Trim and thinly slice the **spring onions**. Heat a large saucepan on medium heat (no oil) and add the flaked 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.



Make The Stew

Put the saucepan back onto a medium-high heat and add a drizzle of oil. Add the onion and cook 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.



Add The Beans

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



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.



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!

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.