



Black Bean and Sweet Potato Stew

with Cavolo Nero and Harissa

23

Calorie Smart 45 Minutes • Little Spice • 3 of your 5 a day • Veggie • Under 600 calories



Diced Sweet Potato



Onion



Garlic Clove



Spring Onion



Flaked Almonds



Harissa Paste



Vegetable Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



Black Beans



Cavolo Nero



Greek Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Saucepan, Colander and Bowl.

Ingredients

| | 2P | 3P | 4P |
|---|----------|------------|-----------|
| Diced Sweet Potato** | 300g | 450g | 600g |
| Onion** | 1 | 1 | 2 |
| Garlic Clove | 1 | 2 | 2 |
| Spring Onion** | 1 | 2 | 2 |
| Flaked Almonds 2) | 15g | 25g | 25g |
| Harissa Paste | 1 sachet | 1½ sachets | 2 sachets |
| Water for the Sauce* | 200ml | 300ml | 400ml |
| Vegetable Stock Paste 10) | 10g | 15g | 20g |
| Finely Chopped Tomatoes with Onion and Garlic | 1 carton | 1½ cartons | 2 cartons |
| Black Beans | 1 carton | 1½ 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 | 649g | 100g |
| Energy (kJ/kcal) | 2264 /541 | 349 /83 |
| Fat (g) | 19 | 3 |
| Sat. Fat (g) | 4 | 1 |
| Carbohydrate (g) | 70 | 11 |
| Sugars (g) | 28 | 4 |
| Protein (g) | 18 | 3 |
| Salt (g) | 3.98 | 0.61 |

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.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Roast the 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.



Start the Stew

Put the saucepan back on 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 paste** 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.