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## Brazilian Sweet Potato 'Veijoada' Bake with Shallot Salsa Salad

Feijoada is a traditional Brazilian meat stew eaten daily with black beans. It come from the Portuguese word feijão for beans. We've given this a HelloFresh spin with our very own 'veijoada' veggie bake. So put your feet up and enjoy some delicious Brazilian fodder!

 45 mins

 4.5 of your 5 a day

 spicy

 veggie

 mealkit



Sweet Potato (1)



Onion (1)



Yellow Pepper (1)



Coriander (1 bunch)



Garlic Clove (2)



Green Chilli (1 tsp)



Black Beans (1 tin)



Ground Cumin (½ tbsp)



Smoked Paprika (½ tbsp)



Vegetable Stock Pot (1)



Water (400ml)



Cheddar Cheese (30g)



Vine Tomato (2)



Echalion Shallot (1)




Baby Gem Lettuce (1)



Lime (1)

## 2 PEOPLE INGREDIENTS

- Sweet Potato, chopped **1**
- Onion, chopped **1**
- Yellow Pepper, chopped **1**
- Coriander, chopped **1 bunch**
- Garlic Clove, grated **2**
- Green Chilli, chopped **1 tsp**
- Black Beans **1 tin**
- Ground Cumin **½ tbsp**
- Smoked Paprika **½ tbsp**
- Vegetable Stock Pot **1**
- Water **400ml**
- Cheddar Cheese **30g**
- Vine Tomato, chopped **2**
- Echalion Shallot, chopped **1**
- Baby Gem Lettuce, sliced **1**
- Lime **1**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Echalion shallots are a cross between onions and normal shallots!

**Allergens:** Milk, Celery, Sulphites.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt	
<b>Per serving</b>	510 kcal / 2165 kJ	11 g	5 g	82 g	31 g	25 g	3 g	<b>Vegetable Stock Pot Ingredients:</b> Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains <b>Sulphites</b> ), Stabiliser [Tara Gum], <b>Celery</b> Salt, <b>Celery</b> Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.
<b>Per 100g</b>	61 kcal / 259 kJ	1 g	1 g	10 g	4 g	3 g	0 g	

1



**1** Preheat your oven to 220 degrees. Peel and chop the **sweet potato** into small 2cm chunks. Place on a lined baking tray with a glug of **oil** and a pinch of **salt**, pop on the top shelf of your oven for 20-25 mins until slightly crispy. **Tip:** *If you remove them from the oven and they aren't quite cooked, just pop them back in for 5 mins more.*

2



**2** Cut the **onion** in half through the root, peel and chop into roughly 1cm pieces. Remove the core from the **yellow pepper** and chop into 2cm pieces. Finely chop the **coriander stalks** and roughly chop the **leaves** (keep them separate). Peel and grate the **garlic** (or use a garlic press if you have one). Cut the **chilli** in half lengthways and remove the seeds, then finely chop. Empty the **black beans** into a sieve or colander and rinse under cold water.

3



**3** Put your **onion** in a large frying pan on medium heat with a drizzle of **oil** and cook for 5 mins (if it gets a bit brown, don't worry, it will just add to the flavour). Next, add your **pepper** and cook for another 5 mins. Then add the **coriander stalks, garlic** and **chilli** (add less if you're not a huge fan of spice!). Throw in the **cumin** and **paprika**, stir everything together and cook for 1 minute before adding your **black beans, vegetable stock pot** and **water** (amount specified in the ingredient list). Bring to a simmer and gently bubble away for 10-15 mins until your **veijoada** has reduced by half.

6



**4** While your **veijoada** is cooking, grate the **cheddar cheese** and keep to the side. Chop the **tomato** into small 1cm pieces. Cut the **shallot** in half through the root, peel and then finely chop into ½cm pieces (if you can!). Cut the **baby gem lettuce** in half lengthways, remove the root, then slice into roughly 1cm wide slices.

**5** Grate the **lime zest** into a large bowl, squeeze in the **lime juice** and add your **shallot**. Add a drizzle of **oil**, a pinch of **salt**, a good grind of **black pepper** and a pinch of **sugar** (if you have some). Mix together with a fork then add in your **tomato** and **baby gem lettuce**. Leave to the side.

**6** Spoon your cooked **veijoada** into an ovenproof dish, then remove your **sweet potato** from your oven. Preheat your grill to high. Arrange your **sweet potato** on top of your **veijoada** and sprinkle over your **cheese**. Pop under your grill for 3-5 mins until your **cheese** has melted.

**7** Serve your **veijoada bake** in bowls with your **salad** on the side and your **coriander leaves** sprinkled over the top. Enjoy!

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