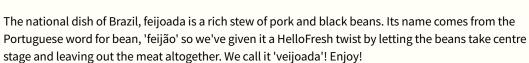


# Brazilian' Veijoada' Bake

with Sweet Potato and Shallot Salsa Salad







#### **HELLO ECHALION SHALLOT**

Echalion shallots are a cross between onions and normal shallots!











Coriander







Black Turtle Beans





Smoked Paprika



Vegetable Stock Pot





Cheddar Cheese





**Echalion Shallot** 



Baby Gem Lettuce





Olive Oil









**Medium Heat** 



## **BEFORE YOU =** START

Our fruit and veggies need a little wash before you use them! Preheat your oven to 220°C. Make sure you've got a Baking Tray, Fine Grater (or Garlic Press), Colander, Frying Pan, Measuring Jug, Coarse Grater, Mixing Bowl and Ovenproof Dish. Now, let's get cooking!



## **ROAST THE POTATO**

Chop the **sweet potato** into small 2cm chunks (no need to peel!). Place on a baking tray, drizzle over a glug of oil and season with salt. Pop on the top shelf of your oven. Roast until soft and slightly crispy round the edges, 20-25 mins.



### **PREP THE VEGGIES**

Halve, peel and chop the **onion** into 1cm pieces. Halve, then remove the core from the yellow pepper and chop into 2cm pieces. Roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Halve the green chilli lengthways, remove the seeds and finely chop. Drain the **black** turtle beans in a colander and rinse under cold water.



#### **MAKE THE VEIJOADA**

Heat a splash of **oil** in a frying pan on medium heat. Add the onion and cook until softened, 5 mins. Then add the **pepper** and cook for 5 mins more. Add half the coriander, the garlic and the chilli along with the cumin and smoked paprika (add less chilli if you're not a fan!). Stir and cook for 1 minute. Add the black beans, vegetable stock pot and water (amount specified in the ingredient list). Stir to dissolve the stock pot.



#### PREP THE EXTRAS

Bring to a simmer and cook until reduced by half, 15 mins. While the veijoada is simmering, grate the cheddar cheese and set aside. Chop the vine tomato into 1cm cubes. Halve, peel and finely chop the shallot into roughly ½cm pieces. Remove the root from the baby gem lettuce and cut into roughly 1cm wide slices.



#### MAKE THE SALAD

Grate the **lime zest** into a mixing bowl, squeeze in the lime juice and add the shallot. Add the **olive oil** (amount specified in the ingredient list), a pinch of salt, a good grind of **black pepper** and a pinch of sugar (if you have some). Whisk together with a fork then add in the tomato and lettuce. Leave to the side.



#### **GRILL THE VEIJOADA**

Spoon the veijoada mixture into an ovenproof dish. Remove the sweet potato from your oven and set the grill to high. Arrange the **sweet potato** on top of the veijoada mixture and sprinkle over the **cheese**. Pop under your grill until the **cheese** has melted, 3-5 mins. Serve the veijoada bake on plates with the salad on the side and remaining **coriander** sprinkled over the top. Enjoy!

# **INGREDIENTS**

Sweet Potato, chopped	1 pack
Onion, chopped	1
Yellow Pepper, chopped	1
Coriander, chopped	1 bunch
Garlic Clove, grated	2
Green Chilli, chopped	1/2
Black Turtle Beans	1 tin
Ground Cumin	1½ tsp
Smoked Paprika	1½ tsp
Vegetable Stock Pot 9) 12)	1
Water*	375ml
Cheddar Cheese, grated 7)	60g
Vine Tomato, chopped	2
Echalion Shallot, chopped	1
Baby Gem Lettuce, sliced	1
Lime	1
Olive Oil*	2 tbsp

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	626	64
(kJ)	2653	270
Fat (g)	13	1
Sat. Fat (g)	7	1
Carbohydrate (g)	102	10
Sugars (g)	35	4
Protein (g)	26	3
Salt (g)	3.53	0.36

#### **ALLERGENS**

7) Milk 9) Celery 12) Sulphites

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

#### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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