



# Brazilian 'Veijoada' Bake

with Sweet Potato and Shallot Salsa Salad



## HELLO ECHALION SHALLOT

Echalion shallots are a cross between onions and normal shallots!



Sweet Potato



Onion



Yellow Pepper



Coriander



Garlic Clove



Green Chilli



Black Turtle Beans



Ground Cumin



Smoked Paprika



Vegetable Stock Pot



Water



Cheddar Cheese



Vine Tomato



Echalion Shallot



Baby Gem Lettuce



Lime



Olive Oil

45 mins

Medium Heat

5 of your 5 a day

Veggie

The national dish of Brazil, feijoada is a rich stew of pork and black beans. Its name comes from the Portuguese word for bean, 'feijão' so we've given it a HelloFresh twist by letting the beans take centre stage and leaving out the meat altogether. We call it 'veijoada'! Enjoy!

## 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!



### 1 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.



### 2 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.



### 3 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**.



### 4 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.



### 5 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.



### 6 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!**

## 2 PEOPLE INGREDIENTS

Sweet Potato, chopped	1 pack
Onion, chopped	1
Yellow Pepper, chopped	1
Coriander, chopped	1 bunch
Garlic Clove, grated	2
Green Chilli, chopped	½
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*	1 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?

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