



Cajun Spiced Roasted Vegetable Stew

with Rice and Coriander Yoghurt

Classic 45 Minutes • Medium Spice • 3 of your 5 a day

N° 18



Sweet Potato



Green Pepper



Red Onion



Basmati Rice



Coriander



Garlic Clove



Red Kidney Beans



Natural Yoghurt



Smoked Paprika



Cajun Spice



Vegetable Stock Powder



Finely Chopped Tomatoes with Onion and Garlic



Diced Chicken Breast



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan with Lid, Garlic Press, Sieve, Bowl, Frying Pan.

Ingredients

	2P	3P	4P
Sweet Potato**	1 small	2 small	2 small
Green Pepper**	1	1	2
Red Onion**	1	1	2
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove	1 clove	2 cloves	2 cloves
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Natural Yoghurt 7)**	75g	100g	150g
Smoked Paprika	1 small sachet	1 large sachet	2 small sachets
Cajun Spice	1 small sachet	1 large sachet	2 small sachets
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Water for Sauce*	100ml	150ml	200ml
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	705g	100g
Energy (kJ/kcal)	2609 / 624	370 / 88
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	120	17
Sugars (g)	26	4
Protein (g)	24	3
Salt (g)	3.32	0.47

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	845g	100g
Energy (kJ/kcal)	3271 / 782	387 / 93
Fat (g)	7	1
Sat. Fat (g)	2	1
Carbohydrate (g)	120	14
Sugars (g)	26	3
Protein (g)	58	7
Salt (g)	3.46	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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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1



Roast the Veg

Preheat your oven to 200°C. Chop the **sweet potato** into 1cm chunks (no need to peel). Halve the **pepper** and discard the core and seeds. Chop into 1cm sized chunks. Halve, peel and chop the **onion** into 1cm sized chunks. Pop the **sweet potato, pepper** and **onion** on a baking tray and drizzle over some **oil**. Season with **salt** and **pepper** and toast to coat. Roast on the top shelf of your oven until tender and starting to char, 25-30 mins. Turn halfway.

4



Cook

Heat a drizzle of **oil** in a large frying pan on a medium-high heat. When hot, add the **red kidney beans, garlic, smoked paprika** and **Cajun spice** (add less **Cajun spice** if you don't like heat). Cook, stirring frequently for 1 min.



CUSTOM RECIPE

If you've decided to add **diced chicken breast** to your meal, before you add the **kidney beans** etc, heat a drizzle of **oil** in a large frying pan on a medium high heat. When hot, add the **chicken** to the pan and season with **salt** and **pepper**. Stir-fry until golden brown on the outside 4-5 mins.
IMPORTANT: Wash your hands and equipment after handling raw meat. Stir in the **kidney beans** etc and continue it the rest of the step and rest of the recipe as instructed.

2



Rice Time

Pour the cold **water for the rice** (see ingredients for amount) into a medium saucepan with a tight fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).

5



Make Your Sauce

Add the **vegetable stock powder, chopped tomatoes** and **water** (see ingredients for amount). Bring to a boil and season with **salt** and **pepper**. Turn the heat down to a simmer and cook for 6-8 mins until slightly reduced. Add the **roasted veggies** once they are cooked, stir through the **sauce** and add a splash of **water** to loosen if you need to.

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.

3



Prep

While the **rice** cooks, roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a sieve. In a small bowl combine the **yoghurt** (see ingredients for amount) with **half** the **chopped coriander**. Stir together and season to taste with **salt** and **pepper**.

6



Time to Serve

Season the **sauce** to taste with **salt** and **pepper**. Add the remaining **coriander** into your **rice** and fluff with a fork. Share the **rice** between your plates and top with the **roasted vegetable stew**. Serve with a dollop of **coriander yoghurt**.

Enjoy!



CUSTOM RECIPE

Make sure the **chicken** is cooked through once the **stew** has finished simmering. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.