



Cajun Spiced Roasted Vegetable Stew

with Rice and Coriander Yoghurt

N° 22

CLASSIC 45 Minutes • Medium Spice • 3 of your 5 a day • Veggie



Sweet Potato



Green Pepper



Red Onion



Basmati Rice



Coriander



Garlic Clove



Black Beans



Natural Yoghurt



Smoked Paprika



Cajun Spice



Vegetable Stock Powder



Finely Chopped Tomatoes with Onion and Garlic

Before you start

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

Basic cooking tools, you will need:

Baking Tray, Measuring Jug, Saucepan, Fine Grater (or Garlic Press), Sieve and Frying Pan.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Green Pepper**	1	1	2
Red Onion**	1	1	2
Water for Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Black Beans	1 carton	1½ cartons	2 cartons
Natural Yoghurt 7)**	75g	100g	150g
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Cajun Spice	1 small pot	¾ large pot	1 large pot
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 the Sauce*	100ml	150ml	200ml

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	907g	100g
Energy (kJ/kcal)	2688 /643	296 /71
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	122	13
Sugars (g)	27	3
Protein (g)	23	3
Salt (g)	3.39	0.37

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. Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

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Packed in the UK

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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 **black beans, garlic, smoked paprika** and **Cajun seasoning** (add less Cajun spice if you don't like heat). Cook stirring frequently for one minute.



2. Cook the Rice

Meanwhile, pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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.



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 **black beans** in a sieve. In a small bowl combine the **yoghurt** (see ingredients for amount) with **half** of 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!

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.