



# Cajun Spiced Roasted Vegetable Stew with Coriander Rice and Yoghurt

20

Classic 40-45 Minutes • Medium Spice • 3 of your 5 a day • Veggie



Sweet Potato



Green Pepper



Red Onion



Basmati Rice



Coriander



Garlic Clove



Mixed Beans



Greek Style Natural Yoghurt



Smoked Paprika



Cajun Blackening



Vegetable Stock Paste



Finely Chopped Tomatoes with Onion and Garlic

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, measuring jug, saucepan, lid, garlic press, bowl and frying pan.

## Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
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	2	2
Mixed Beans	1 carton	1½ cartons	2 cartons
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Cajun Blackening 9)	2 sachets	2 sachets	4 sachets
Vegetable Stock Paste 10)	10g	15g	20g
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	704g	100g
Energy (kJ/kcal)	2788 /666	396 /95
Fat (g)	8	1
Sat. Fat (g)	3	0
Carbohydrate (g)	120	17
Sugars (g)	25	4
Protein (g)	23	3
Salt (g)	3.85	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 9) Mustard 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Roast the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **sweet potato** into 1cm chunks (no need to peel). Halve the **pepper** and discard the core and seeds. Chop into 1cm chunks. Halve, peel and chop the **onion** into 1cm chunks. Pop the **sweet potato, pepper and onion** onto a large baking tray. Drizzle with **oil**, season with **salt and pepper** then toss to coat. **TIP: Use two baking trays if necessary.** When the oven is hot, roast on the top shelf until tender and starting to char, 25-30 mins. Turn halfway through.



## Start the Stew

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



## Cook the Rice

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 salt** and bring to the boil on medium-high heat. Once boiling, turn the heat down to medium and cover with the lid. 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).



## Make your Sauce

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



## Prep Time

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 **mixed beans** in a sieve. In a small bowl, combine the **yoghurt** with **half the chopped coriander**. Stir together and season to taste with **salt and pepper**, then set aside.



## Finish and Serve

Taste the **sauce** and season with **salt and pepper** if needed. Fluff up the **rice** with a fork and stir through the remaining **coriander**. Share the **rice** between your plates and top with the **roasted vegetable stew**. Serve with a dollop of **coriander yoghurt**.

Enjoy!