



Cajun Spiced Roasted Vegetable Stew with Coriander Rice and Yoghurt

20

Classic 35-40 Minutes • Medium Spice • 3 of your 5 a day • Veggie



Sweet Potato



Bell Pepper



Basmati Rice



Coriander



Garlic Clove



Red Kidney Beans



Greek Style
Natural Yoghurt



Smoked Paprika



Cajun Blackening



Vegetable Stock
Paste



Finely Chopped
Tomatoes with
Onion and Garlic

Pantry Items
Oil, Salt, Pepper

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, saucepan, lid, bowl, garlic press, sieve and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---|-----------|------------|-----------|
| Sweet Potato | 1 | 2 | 2 |
| Bell Pepper*** | 1 | 1 | 2 |
| Basmati Rice | 150g | 225g | 300g |
| Coriander** | 1 bunch | 1 bunch | 1 bunch |
| Garlic Clove** | 1 | 2 | 2 |
| Red Kidney 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 |

| Pantry | 2P | 3P | 4P |
|----------------------|-------|-------|-------|
| Water for the Rice* | 300ml | 450ml | 600ml |
| Water for the Sauce* | 100ml | 150ml | 200ml |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 656g | 100g |
| Energy (kJ/kcal) | 2768 /662 | 422 /101 |
| Fat (g) | 8.0 | 1.2 |
| Sat. Fat (g) | 3.4 | 0.5 |
| Carbohydrate (g) | 117.8 | 18.0 |
| Sugars (g) | 24.7 | 3.8 |
| Protein (g) | 20.7 | 3.2 |
| Salt (g) | 4.22 | 0.64 |

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



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.

Pop the **sweet potato** and **pepper** 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 medium-high heat.

When hot, add the **kidney 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. 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) to the pan.

Bring to the boil and season with **salt** and **pepper**, then lower the heat slightly. Simmer 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. Season with **salt** and **pepper** if you'd like.



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 **kidney 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

Fluff up the **rice** with a fork and stir through the remaining **coriander**, then share between your bowls.

Top with the **roasted vegetable stew** and a dollop of **coriander yoghurt**.

Enjoy!