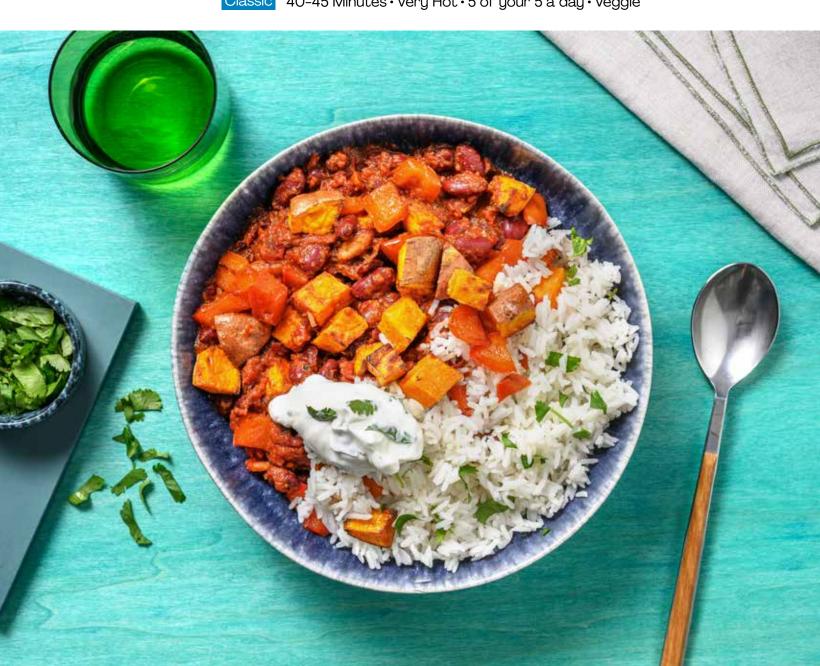


Cajun Spiced Roasted Vegetable Stew

with Coriander Rice and Yoghurt

Classic 40-45 Minutes · Very Hot · 5 of your 5 a day · Veggie







Sweet Potato





Bell Pepper



Basmati Rice







Red Kidney Beans

Coriander

Garlic Clove



Greek Style Natural Yoghurt



Smoked Paprika



Cajun Blackening



Vegetable Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



Before you start

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

Cooking tools

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

Ingredients

| 3 | | | |
|---|-----------|--------------|-----------|
| 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 | 11/2 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 | 1 carton | 1½ cartons | 2 cartons |

| Pantry | 2P | 3P | 4P |
|----------------------|-------|-------|--------|
| Water for the Rice* | 300ml | 450ml | 600ml |
| Sugar for the Sauce* | ½ tsp | 1 tsp | 1½ tsp |
| 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

and Garlic

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 657g | 100g |
| Energy (kJ/kcal) | 2802 /670 | 427/102 |
| Fat (g) | 8.0 | 1.2 |
| Sat. Fat (g) | 3.4 | 0.5 |
| Carbohydrate (g) | 123.5 | 18.8 |
| Sugars (g) | 27.1 | 3.8 |
| Protein (g) | 24.8 | 2.8 |
| Salt (g) | 4.28 | 0.65 |
| | | |

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

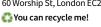
Allergens

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.

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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.

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.



Cook the Rice

Pour the **cold water for the rice** (see pantry 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).



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.



Start the Spicy 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'd prefer things milder). Cook, stirring frequently, for 1 min.



Make your Sauce

Add the **vegetable stock paste**, **chopped tomatoes**, **sugar** and **water for the sauce** (see pantry for both amounts) 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** if it's a little thick. Season with **salt** and **pepper** if needed.



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!