



# Cajun Spiced Roasted Vegetable Stew

with Coriander Rice and Yoghurt

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

21



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, Sugar



## 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

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
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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

Typical Values for uncooked ingredient	Per serving 657g	Per 100g 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.

4



## 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.

2



## 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).

5



## 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.

3



## 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.

6



## 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!**