

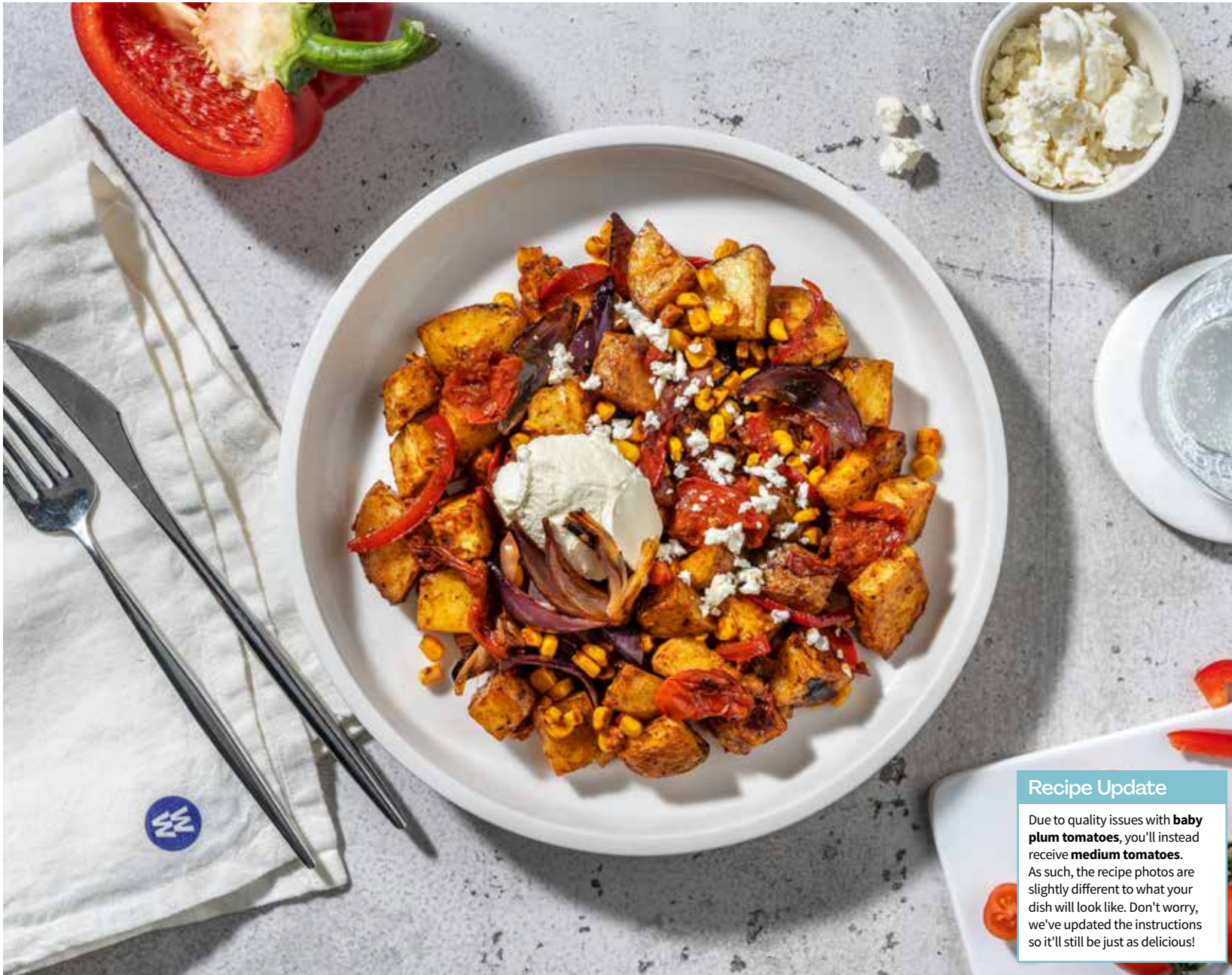


# Chipotle Veggie Hash

with Soured Cream and Greek Style Salad Cheese

23

Calorie Smart 30-35 Minutes • Medium Spice • 4 of your 5 a day • Veggie • Under 650 Calories



Potatoes



Red Onion



Central American Style Spice Mix



Bell Pepper



Medium Tomato



Sweetcorn



Chipotle Paste



Greek Style Salad Cheese



Soured Cream

### Recipe Update

Due to quality issues with **baby plum tomatoes**, you'll instead receive **medium tomatoes**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

**Pantry Items**  
Oil, Salt, Pepper

## 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 and sieve.

## Ingredients

| Ingredients                      | 2P       | 3P       | 4P        |
|----------------------------------|----------|----------|-----------|
| Potatoes                         | 450g     | 700g     | 900g      |
| Red Onion**                      | 1        | 1        | 2         |
| Central American Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Bell Pepper***                   | 2        | 3        | 4         |
| Medium Tomato                    | 2        | 3        | 4         |
| Sweetcorn                        | 150g     | 245g     | 326g      |
| Chipotle Paste                   | 20g      | 20g      | 40g       |
| Greek Style Salad Cheese** 7)    | 50g      | 75g      | 100g      |
| Soured Cream** 7)                | 75g      | 112g     | 150g      |

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

## Nutrition

| Typical Values                 | Per serving | Per 100g    |
|--------------------------------|-------------|-------------|
| <b>for uncooked ingredient</b> | <b>686g</b> | <b>100g</b> |
| Energy (kJ/kcal)               | 1998 /477   | 291 /70     |
| Fat (g)                        | 15.2        | 2.2         |
| Sat. Fat (g)                   | 8.3         | 1.2         |
| Carbohydrate (g)               | 72.5        | 10.6        |
| Sugars (g)                     | 23.2        | 3.4         |
| Protein (g)                    | 15.3        | 2.2         |
| Salt (g)                       | 1.77        | 0.26        |

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).  
**Points™ values based on low-cal cooking spray oil.**

## Allergens

7) Milk

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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## Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Halve and peel the **onion**, then cut each half into 3 wedges.



## Get Roasting

Pop the **potato chunks** and **onion wedges** onto a large baking tray. Drizzle with **oil**, sprinkle over the **Central American style spice mix**, then season with **salt** and **pepper**.

Toss to coat, then spread out in a single layer.

**TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Chop and Slice

Meanwhile, halve the **bell peppers** and discard the core and seeds. Slice into thin strips.

Chop the **tomatoes** into 2cm chunks. Drain the **sweetcorn** in a sieve.



## Add More Veg

Put the **bell pepper**, **tomatoes** and **sweetcorn** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then stir through the **chipotle paste** to coat everything.

Once the **potatoes** have roasted for 10 mins, pop the **veg** tray onto the middle shelf to cook until the **veg** has softened, 15-20 mins.



## Toss the Hash

Once everything's cooked, add the **bell pepper**, **tomato** and **sweetcorn** to the tray of **potatoes** and **onion**. Toss to combine.



## Serve

Share the **chipotle hash** between your bowls and crumble over the **Greek style salad cheese**.  
Serve with a dollop of **soured cream** on top.

## Enjoy!



WeightWatchers