



Veggie Coconutty Caribbean-Style Soup

with Roasted Sweet Potato and Kidney Beans

CLASSIC 35 Minutes • Medium Heat • 2.5 of your 5 a day • Veggie



Sweet Potato



Dried Thyme



Spring Onion



Garlic Clove



Red Pepper



Lime



Kidney Beans



Poudre de Columbo



Finely Chopped Tomatoes



Coconut Milk



Vegetable Stock Powder

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Baking Tray, Fine Grater, Sieve, Large Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Sweet Potato	2	3	4
Dried Thyme	1 small pot	1 small pot	1 large pot
Spring Onion	3	4	6
Garlic Clove	2 cloves	3 cloves	4 cloves
Red Pepper	1	1	2
Lime	½	1	1
Kidney Beans	1 carton	2 cartons	2 cartons
Poudre de Columbo 9)	1 pot	1½ pots	2 pots
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Soup*	100ml	150ml	200ml
Coconut Milk	400ml	600ml	800ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	903g	100g
Energy (kJ/kcal)	3477 / 831	385 / 92
Fat (g)	42	5
Sat. Fat (g)	35	4
Carbohydrate (g)	90	10
Sugars (g)	32	4
Protein (g)	22	2
Salt (g)	1.82	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard 10) Celery

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Roast the Sweet Potato

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel). Put them on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Sprinkle over **half the thyme**, toss together, then spread out and roast in your oven until golden, 25-30 mins, turning halfway.



2. Prep

Meanwhile, trim and thinly slice the **spring onions**. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Chop into small 2cm pieces. Zest and halve the **lime**. Drain and rinse the **kidney beans** in a sieve.



3. Start the Soup

Heat a drizzle of **oil** in a saucepan on medium heat. Add half the **spring onion** and fry until softened, 2-3 mins. Add the **pepper** and cook, stirring, for 4-5 more minutes. Once the **pepper** has softened slightly, stir in the **garlic**, the **Poudre de Columbo** and the remaining **thyme**. Cook for 30 seconds, then add **kidney beans** and **chopped tomatoes**.



4. Cook the Soup

Add the **water** (see ingredients for amount) to the pan. Stir in the **coconut milk** and **vegetable stock powder**. Season **salt** and **pepper** and bring the soup to a gentle simmer. Stir together and cook until thickened, 10-12 mins.



5. Add the Potatoes

Once the **soup** is lovely, tomatoey and rich, remove it from the heat, stir in the **roasted sweet potatoes** and squeeze in **half the lime juice**. Taste and add more **lime juice**, **salt** and **pepper** if you feel it needs it.



6. Serve

Serve your **Caribbean soup** with the remaining **spring onions** and the **lime zest** sprinkled on top. **Enjoy!**

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.