



Coconutty Caribbean Style Soup

with Sweet Potato and Black Beans

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



Sweet Potato



Caribbean Jerk Spice Mix



Spring Onion



Garlic Clove



Red Pepper



Lime



Black Beans



Poudre de Colombo



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 (or Garlic Press), Sieve, Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Caribbean Jerk Spice Mix	1 small pot	¾ large 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
Black Beans	1 carton	2 cartons	2 cartons
Poudre de Colombo 9)	2 small pots	1½ large pots	2 large 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)	2 sachets	3 sachets	4 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	908g	100g
Energy (kJ/kcal)	3653 /873	402 /96
Fat (g)	44	5
Sat. Fat (g)	35	4
Carbohydrate (g)	97	11
Sugars (g)	34	4
Protein (g)	22	2
Salt (g)	3.20	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



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 **Caribbean Jerk Spice**, toss together, then spread out and roast in your oven until golden and cooked through, 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 **black 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**, and **Poudre de Colombo**. Cook for 30 seconds, then add **black 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.