



MEXICAN SPICED TURKEY STEAK

with Sweet Potato and Black Beans



NUTRITIONIST APPROVED



HELLO SWEET POTATO

Sweet potatoes, are higher in Vitamin A and fibre compared to regular white potatoes. They are also lower in carbohydrate compared to white potatoes and slightly higher in protein.



Turkey Steak



Mexican Spice



Black Beans



Diced Sweet Potato



Lime



Coriander



Vine Tomato



Red Onion

MEAL BAG

20 mins

4 of your 5 a day

Medium heat

Balanced

Under 550 calories

Low in fat

Bring the sunshine to your kitchen with this delicious Mexican-inspired recipe from our Head Chef, André. Super lean and packed with flavour, we've rubbed our turkey steaks with our special Mexican spice to give them a lovely crust when cooked. Served with black beans and sweet potato, and topped with a zesty tomato salsa, this wholesome 20-minute dish is the perfect thing for busy evenings.

GET **PREPARED!**

Preheat the Grill to High.

BEFORE YOU START

Preheat the Grill to **High**. Wash the veggies. Make sure you've got a **Frying Pan** (with a **Lid**), **Baking Tray**, **Fine Grater** and **Sieve**. Let's start cooking the **Mexican Spiced Turkey Steak with Sweet Potato and Black Beans**.



1 FRY THE SWEET POTATO

- Heat a splash of **oil** in a frying pan over medium-high heat.
- When hot, add the **diced sweet potato** and **half** the **Mexican spice**. Season with a pinch of **salt** and **pepper**.
- Fry, stirring occasionally until the **sweet potato** begins to soften, 4-5 mins.



4 GRILL THE TURKEY

- Pop the **turkey steaks** on a plate, drizzle with **oil** and season with **salt**, **pepper** and the remaining **Mexican spice**. Rub the flavours over the **meat**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.
- Pop onto a baking tray and grill until browned on the outside and cooked through, 8-10 mins. Turn halfway through cooking. **IMPORTANT:** The turkey is cooked when it is no longer pink in the middle.



2 PREP TIME

- Meanwhile, halve, peel and thinly slice the **red onion**.
- Add to the pan with the **sweet potato**. Cook until softened, 3 mins.
- Roughly chop the **coriander** (stalks and all). Chop the **tomatoes** into roughly 1cm chunks. Mix the **coriander** and **tomato** together in a bowl.



5 SALSA TIME

- Zest and halve the **lime**. Add a squeeze of **lime juice** to the **tomato** and **coriander**.
- Season with **salt** and **pepper** to taste. Add a little more **lime juice** if you want to!



3 FINISH THE SWEET POTATO

- Lower the heat on the **sweet potato** and add a splash of **water** to the pan.
- Cover with a lid or foil and cook until soft enough to eat, another 7-8 mins. **TIP:** Shake the pan every 2 mins or so to make sure the sweet potato isn't catching.
- If the pan is dry, add another splash of water, replace the lid and keep cooking.



6 FINISH AND SERVE

- Drain and rinse the **black beans** in a sieve. Add the **black beans** to the **sweet potato** once it is cooked. Stir and cook until the **beans** are piping hot, 2 mins.
- Season with **salt** and **pepper**. Share between your bowls. Slice the **turkey** and pop on top of your **beans**. Finish with the **tomato salsa**.

Enjoy!

2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Turkey Steak *	2	3	4
Mexican Spice	1 small pot	¾ large pot	1 large pot
Black Beans	¾ carton	¾ carton	1 carton
Diced Sweet Potato *	1 small pack	1 medium pack	1 large pack
Lime *	1	1	2
Coriander *	1 bunch	1 bunch	1 bunch
Vine Tomato *	2	3	4
Red Onion *	1	1	2

*Not Included
* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 518G	PER 100G
Energy (kJ/kcal)	1724 /412	333 /80
Fat (g)	5	1
Sat. Fat (g)	1	2
Carbohydrate (g)	47	9
Sugars (g)	8	8
Protein (g)	47	9
Salt (g)	0.84	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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The Fresh Farm
60 Worship St, London EC2A 2EZ

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