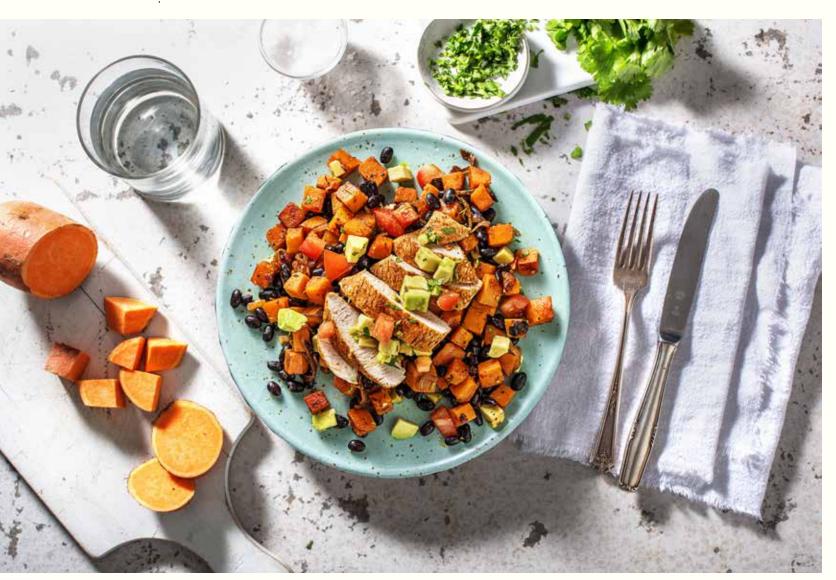


MEXICAN SPICED TURKEY STEAK

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.











Diced Sweet Potato





Coriander



Vine Tomato



Red Onion













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.





🚺 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.



FRY THE SWEET POTATO

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



4 GRILL THE TURKEY

- a) 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.
- b) Pop onto a baking tray and grill until browned on the outside and cooked through, 8-10 mins. Turn halfway through is cooked when it is no longer pink in the middle.



2 PREP TIME

- a) Meanwhile, halve, peel and thinly slice the red onion.
- b) Add to the pan with the sweet potato. Cook until softened, 3 mins.
- c) 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

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



3 FINISH THE SWEET POTATO

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



6 FINISH AND SERVE

- a) 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.
- b) Season with salt and pepper. Share between your bowls. Slice the turkey and pop on top of your beans. Finish with the tomato salsa.

Eniov!

INGREDIENTS

	2P	3P	4P
Turkey Steak *	2	3	4
Mexican Spice	1 small pot	¾ large pot	1 large pot
Black Beans	⅔ 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 inbetween uses.

THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk

You made this, now show it off! Share your creations with us:













Packed in the UK

