



Plant Based Chilli Loaded Sweet Potato Fries

with Zesty Tomato and Avo Salsa

Classic 30 Minutes • Little Spice • 3 of your 5 a day

22



Sweet Potato



Onion



Garlic Clove



Red Kidney Beans



Mexican Spice



Tomato Passata



Vegetable Stock Powder



Red Split Lentils



Lime



Spring Onion



Baby Plum Tomatoes



Avocado



BBQ Sauce

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Garlic Press, Colander, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Sweet Potato**	1 large	1½ large	2 large
Onion**	1	1	2
Garlic Clove	2	3	4
Red Kidney Beans	1 carton	1 carton	2 cartons
Mexican Spice	1 sachet	1½ sachet	2 sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Water*	400ml	600ml	800ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Red Split Lentils	100g	150g	200g
Lime**	½	1	1
Spring Onion**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Avocado**	1	2	2
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
BBQ Sauce 13	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	840g	100g
Energy (kJ/kcal)	3520 /841	419 /100
Fat (g)	24	3
Sat. Fat (g)	5	1
Carbohydrate (g)	129	15
Sugars (g)	34	4
Protein (g)	31	4
Salt (g)	2.45	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery 13) Gluten

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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Get Prepped

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide **wedges** (no need to peel). Pop the **wedges** on a large baking tray, drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Set aside. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic**. Drain and rinse the **kidney beans** in a colander.



Roast the Potatoes

Roast the **sweet potato wedges** on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **Tip:** Use two baking trays if necessary, you want the potatoes nicely spread out. Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **onion** and cook until softened, 5-6 mins, stirring occasionally.



Simmer

Stir in the **garlic** and **Mexican spice** and cook for 1 minute. Pour in the **tomato passata**, **water** (see ingredients for amount), **veg stock powder** and **red split lentils**. Season with **salt** and **pepper**, stir together, bring to the boil, reduce the heat to medium-low and simmer until the **lentils** are tender, 20-25 mins. Stir every few mins to stop the **lentils** sticking to the bottom of the pan, add a splash of **water** if it dries out. Stir in the **kidney beans** halfway through cooking.



Prep the Salsa

Meanwhile, zest and halve the **lime**. Trim and thinly slice the **spring onion**, set aside. Quarter the **baby plum tomatoes**. Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh into a bowl. Chop the **avo** into small 1cm chunks.



Finish the Salsa

Squeeze **half the lime juice** into a bowl and add the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and mix together. Add the **tomatoes** and **avocado** and stir together. Set aside.



Finish and Serve

Once cooked, stir the **BBQ sauce** into the **lentil mixture**. Taste and add **salt** and **pepper** if you feel it needs it and a splash of **water** if it's a bit dry. Serve the **sweet potato wedges** with **veggie chilli** spooned over and the **salsa** sprinkled on top, followed by the **spring onion** and **lime zest**. Serve the remaining **lime** cut into **wedges** for squeezing over.

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.