



Roasted Sweet Potato and Kidney Bean Chilli with Rice, Soured Cream and Cheese

Classic 25 Minutes • Medium Spice • 3 of your 5 a day

18



Sweet Potato



Cajun Spice



Basmati Rice



Kale



Onion



Garlic Clove



Kidney Beans



Cheddar Cheese



Tomato Passata



Vegetable Stock Paste



BBQ Sauce



Soured Cream



Beef Mince



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan with Lid, Frying Pan, Garlic Press, Sieve, Grater, Measuring Jug.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Cajun Spice	1 sachet	1 sachet	2 sachets
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Kale**	100g	200g	200g
Onion**	1	1	2
Garlic Clove	1	2	2
Kidney Beans	1 carton	1½ cartons	2 cartons
Cheddar Cheese 7)**	60g	90g	120g
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
BBQ Sauce 13)	1 sachet	2 sachets	2 sachets
Soured Cream 7)**	75g	120g	150g
Beef Mince**	120g	180g	240g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	616g	100g
Energy (kJ/kcal)	3249 / 776	527 / 126
Fat (g)	21	3
Sat. Fat (g)	12	2
Carbohydrate (g)	115	19
Sugars (g)	22	4
Protein (g)	27	4
Salt (g)	2.94	0.48
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	676g	100g
Energy (kJ/kcal)	3778 / 903	559 / 134
Fat (g)	30	4
Sat. Fat (g)	15	2
Carbohydrate (g)	115	17
Sugars (g)	22	3
Protein (g)	38	6
Salt (g)	2.98	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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, Soy, Gluten & Sulphites.

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The Fresh Farm

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Get Started

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel). Put the **sweet potato** chunks onto a large, low-sided, baking tray. Drizzle with **oil**, sprinkle on **half** of the **Cajun spice**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through. **TIP:** Use two *baking trays if necessary, you want the potatoes nicely spread out.*



Cook the Rice

Pour the cold **water** for the rice (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam). Meanwhile, halve, peel and thinly slice the **onion**.



Get Cooking

Heat a splash of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion** and **kale** and cook, stirring occasionally, until soft and golden, 6-8 mins. Lower the heat as needed. Meanwhile, peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a sieve. Grate the **cheese**.



CUSTOM RECIPE

If you've chosen to add **beef mince** to your meal, before cooking the onion and pepper heat a splash of **oil** in a frying pan over high heat. When the oil is hot, add the **beef mince** and cook until browned, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the **beef**, then season with salt and pepper. **IMPORTANT:** The mince is cooked when no longer pink in the middle. Then add the onion and pepper and continue to follow the instructions in step 3.



Simmer

Once the **onions** and **kale** are cooked, add the **garlic** and remaining **Cajun spice mix** (add less if you don't like heat!) and cook, stirring, for 1 min. Add the **passata**, **water** (see ingredients for amounts), **vegetable stock paste**, **BBQ sauce**, **kidney beans** and season with **salt** and **pepper**. Stir together, bring to a simmer and cook until thickened, 8-10 mins.



Finish Up

Once the **sweet potato** is cooked, add this to the **chilli** and stir through. Add a splash of **water** to loosen if you need to. Taste and season with **salt** and **pepper** if needed.



Serve

When everything is ready, divide the **rice** between bowls and serve with the **sweet potato chilli** on top. Top with the **soured cream** and the **cheese**.

Enjoy!