



# Roasted Sweet Potato and Kidney Bean Chilli

with Rice, Soured Cream and Cheese

**Classic** 25 Minutes • Very Hot! • 3 of your 5 a day • Veggie

17



Sweet Potato



Cajun Spice



Basmati Rice



Green Pepper



Onion



Garlic Clove



Kidney Beans



Mature Cheddar Cheese



Tomato Passata



Vegetable Stock Paste



BBQ Sauce



Soured Cream

## 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, Saucepan, Frying Pan, Garlic Press, Sieve, Grater and Bowl.

## 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
Green Pepper**	1	1	2
Onion**	1	1	2
Garlic Clove	1	2	2
Kidney Beans	1 carton	1½ cartons	2 cartons
Mature 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

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	651g	100g
Energy (kJ/kcal)	3230/772	496/119
Fat (g)	20	3
Sat. Fat (g)	11	2
Carbohydrate (g)	116	18
Sugars (g)	21	3
Protein (g)	26	4
Salt (g)	2.87	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, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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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.



## Finish the Chilli

Once the **onions** and **peppers** are cooked, add the **garlic** and remaining **Cajun spice** (careful, it's spicy - 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** and **kidney beans**, and season with **salt** and **pepper**. Stir together, bring to a simmer and cook until thickened, 8-10 mins.



## Cook the Rice

Pour the **water for the rice** (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add  $\frac{1}{4}$  **tsp** of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



## 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.



## Get Cooking

Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 2cm sized chunks. Halve, peel and thinly slice the **onion**. Heat a splash of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion** and **pepper** 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**.



## Serve

When everything is ready, fluff up the **rice** with a fork, then divide between bowls and serve with the **sweet potato chilli** on top. Finish with the **soured cream** and the **cheese**.

## 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.