



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

19

Classic 30-35 Minutes • Medium Spice • 3 of your 5 a day • Veggie



Sweet Potato



Cajun Spice Mix



Basmati Rice



Bell Pepper



Garlic Clove



Red Kidney Beans



Mature Cheddar
Cheese



Tomato Passata



Vegetable Stock
Paste



BBQ Sauce



Soured Cream

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, lid, frying pan, garlic press, sieve and grater.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Bell Pepper***	1	1	2
Garlic Clove**	1	2	2
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	30g	40g	60g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
BBQ Sauce	32g	48g	64g
Soured Cream** 7)	75g	120g	150g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2987 / 714	533 / 127
Fat (g)	15.3	2.7
Sat. Fat (g)	8.2	1.5
Carbohydrate (g)	118.3	21.1
Sugars (g)	20.9	3.7
Protein (g)	26.1	4.7
Salt (g)	2.70	0.48

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Sweet Potato Prep

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potato** into 2cm chunks (no need to peel). Pop them onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **Cajun spice mix**. Toss to coat, then spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Make the Chilli

Once the **pepper** has softened, stir in the **garlic** and remaining **Cajun spice mix** (add less if you'd prefer things milder) and cook for 1 min.

Add the **passata**, **veg stock paste**, **BBQ sauce**, **water for the sauce** (see pantry for amount) and **kidney beans** to the pan, then season with **salt** and **pepper**.

Stir together, then bring to a simmer and cook until thickened, 8-10 mins.



Cook the Rice

Meanwhile, pour in the **water for the rice** (see pantry for amount) and $\frac{1}{4}$ **tsp salt** into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).

While the **rice** cooks, halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.



Finish Up

Once thickened, stir the **roasted sweet potato** through the **chilli**.

Add a splash of **water** to loosen if you feel it needs it. Taste and season with **salt** and **pepper** if needed.



Fry the Pepper

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **pepper** and cook, stirring occasionally, until softened and golden, 6-8 mins.

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's ready, fluff up the **rice** with a fork, then share between your bowls and spoon the **sweet potato chilli** over the top.

Finish with a dollop of **soured cream** and a sprinkle of **cheese**.

Enjoy!