



Sweet Potato and Refried Bean Burrito Bowl with Soured Cream and Cheese

20

Rapid 20 Minutes • Veggie • 2 of your 5 a day



Green Pepper



Diced Sweet Potato



Mexican Style
Spice Mix



Black Beans



Garlic Clove



Tomato Puree



Vegetable Stock
Paste



Lime



Spring Onion



Mature Cheddar
Cheese



Basmati Rice



Soured Cream

Before you start

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

Cooking tools

Baking tray, garlic press, sieve, bowl, frying pan, fine grater and grater.

Ingredients

	2P	3P	4P
Green Pepper**	1	2	2
Diced Sweet Potato**	300g	500g	600g
Mexican Style Spice Mix	2 sachets	2 sachets	4 sachets
Black BeansMP	1 carton	1½ cartons	2 cartons
Garlic Clove**	2	3	4
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Beans*	100ml	150ml	200ml
Vegetable Stock Paste 10	10g	15g	20g
Lime**	1	1½	2
Spring Onion**	1	2	2
Mature Cheddar Cheese** 7	30g	45g	60g
Basmati Rice	1 pouch	1½ pouches	2 pouches
Soured Cream** 7	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	605g	100g
Energy (kJ/kcal)	2613 /625	432 /103
Fat (g)	16.9	2.8
Sat. Fat (g)	8.7	1.4
Carbohydrate (g)	92.6	15.3
Sugars (g)	16.2	2.7
Protein (g)	18.8	3.1
Salt (g)	2.33	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

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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Packed in the UK

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Roast the Veg

a) Preheat your oven to 220°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips.

b) Pop the **pepper** and **diced sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **Mexican style spice mix**. Toss to coat, then spread out in a single layer.

c) When the oven is hot, roast on the top shelf until golden and tender, 15-18 mins.

d) Meanwhile, peel and grate the **garlic** (or use a garlic press).



Rice Time

a) About 3 mins before the **sweet potatoes** and **peppers** are ready, cook the **rice** according to pack instructions.

b) When cooked, transfer the **rice** to a bowl and stir through the **lime zest**.



Cook the Beans

a) Drain and rinse the **black beans** in a sieve. Put **half** the **black beans** in a bowl and mash with a fork or masher until broken up.

b) Heat a drizzle of **oil** in a medium frying pan on medium-high heat. Once hot, add the **garlic**, **tomato puree** and remaining **Mexican style spice mix**. Stir-fry for 30 secs.

c) Stir in the **water for the beans** (see ingredients for amount), **vegetable stock paste** and **black beans** (whole and crushed).

d) Bring to the boil, then reduce the heat to medium and simmer until the **sauce** has thickened, 6-8 mins.



Finish Up

a) Reheat the **beans** if necessary.

b) Add a splash of **water** if they're a little dry. Taste and add **salt** and **pepper** if needed.



Zest, Slice and Grate

a) While the **beans** simmer, zest the **lime** and cut into **wedges**.

b) Trim and thinly slice the **spring onion**.

c) Grate the **cheese**.



Serve

a) Divide the **rice** between your bowls.

b) Top with the **refried beans**, **roasted sweet potatoes** and **peppers**.

c) Add a dollop of **soured cream**, then finish with the **grated cheese** and **spring onion**.

d) Serve with the **lime wedges** alongside for squeezing over.

Enjoy!