



# Sweet Potato, Black Bean and Feta Tacos

with Limey Soured Cream and Lettuce

Nº 12

**FAMILY** Hands on Time: 15 Minutes • Total Time: 35 Minutes • 2.5 of your 5 a day • Veggie



Sweet Potato



Chipotle Paste



Cumin



Paprika



Lime



Spring Onion



Garlic



Baby Gem Lettuce



Black Beans



Soured Cream



Feta



Soft Shell Taco

## Before you start

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

### Basic cooking tools, you will need:

Large Baking Tray, Fine Grater (or Garlic Press), Large Frying Pan and Measuring Jug.

### Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Chipotle paste	1 sachet	1½ sachets	2 sachets
Cumin	1 small pot	1 large pot	1 large pot
Paprika	1 small pot	1 large pot	1 large pot
Lime**	½	¾	1
Spring Onion**	1	2	2
Garlic**	1	2	2
Baby Gem Lettuce**	1	1½	1
Black Beans	1 carton	1½ cartons	2 cartons
Water for the Beans*	50ml	75ml	100ml
Soured Cream 7)**	1 pouch	1½ pouches	2 pouches
Feta 7)**	1 block	1½ blocks	2 blocks
Soft Shell Taco 13)	6	9	12

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	677g	100g
Energy (kJ/kcal)	3931 /940	581 /139
Fat (g)	35	5
Sat. Fat (g)	21	3
Carbohydrate (g)	123	18
Sugars (g)	21	3
Protein (g)	30	4
Salt (g)	3.01	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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## 1. Cook the Sweet Potato

Preheat your oven to 200 °C. Chop the **sweet potato** into 2cm chunks (no need to peel!). Pop the **sweet potato** on a large baking tray and mix the **chipotle paste**, **cumin** and **paprika**, a drizzle of **oil** and a pinch of **salt** and **pepper** in a small bowl. Add **half** the **mixture** to the **sweet potato** and toss to coat evenly. Pop on the top shelf of your oven to roast until golden and cooked through, 25-30 mins, turning halfway.



## 4. Soured Cream Time

Meanwhile, mix the **soured cream** with the **lime zest** and a squeeze of **lime juice**. Add **salt** and **pepper** and more **juice** to taste. Crumble the **feta** into a small bowl and set aside. Start any washing up you have, while the **sweet potato** cooks.



## 2. Prep the Veg

Zest and halve the **lime**. Trim the **spring onions** then slice thinly. Peel and grate the **garlic** (or use a garlic press). Trim the root from the **baby gem lettuce** then half lengthways. Thinly slice widthways.



## 5. Finish it Up!

When the **sweet potato** is almost ready, pop the **tacos** in the oven for 2-3 mins to warm through. Reheat the **beans** if you need to.



## 3. Cook the Beans

Drain and rinse the **black beans**. Heat a drizzle of **oil** in a large frying pan on a medium heat and when hot, add **half** the **spring onions** and cook until soft, 2 mins. Add the **garlic**, remaining **chipotle paste** and **spices** and cook for 2 mins more, stirring regularly. Add the **beans** with the **water** (see ingredients for amount) and simmer for 1 minute. Use a potato masher to roughly break up the **beans**, add **salt** and **pepper** to taste and keep warm. Add a splash of **water** if it starts to dry out.



## 6. Assemble!

Divide the **tacos** between plates (3 per person), top with the **mashed beans** and **roasted sweet potato**. Finish with the **feta**, **shredded lettuce** and drizzle over the **limey soured cream**.

Enjoy!