



Spiced Veggie Chilli

with Cheesy Sweet Potato Topping



HELLO SWEET POTATO

The first Europeans to taste this delicious tuber were members of Columbus's expedition to Haiti in 1492.



Sweet Potato



Yellow Pepper



Coriander



Green Chilli



Red Kidney Beans



Ground Cumin



Smoked Paprika



Finely Chopped Tomatoes with Garlic & Onion



Vegetable Stock Powder



Cheddar Cheese



Vine Tomato



Baby Gem Lettuce



Lime

MEAL BAG
7

- 45 mins
- 5 of your 5 a day
- Veggie

Five of your five-a-day? Check. Delicious flavour? Absolutely. There are few things more comforting to eat than a big bowl of vegetarian chilli, and our take on this classic recipe will definitely not disappoint. A rich veggie-packed chilli topped with roasted sweet potato and golden melted cheese. You are welcome. This is the thing that veggie dreams are made of.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Sieve**, **Frying Pan**, **Measuring Jug**, **Coarse Grater**, **Fine Grater**, **Mixing Bowl** and **Ovenproof Dish**. Now, let's get cooking!



1 ROAST THE SWEET POTATO

Preheat your oven to 220°C. Chop the **sweet potato** into roughly 2cm chunks (no need to peel). Place on a lined baking tray, drizzle over a glug of **oil** and season with **salt**. Toss together, spread out and roast on the top shelf of your oven until soft and slightly crispy round the edges, 20-25 mins. Turn halfway through cooking.



2 CHOP THE VEGGIES

Halve the **pepper** and discard the core and seeds. Chop into small pieces. Roughly chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed then finely chop. Drain and rinse the **kidney beans** in a sieve.



3 START THE CHILLI

Heat a splash of **oil** in a frying pan on medium heat. Add the **pepper** and cook until softened, 5-6 mins. Add the **chilli** (add less **chilli** if you're not a fan) along with the **ground cumin**, **smoked paprika** and **half the coriander**. Stir and cook for 1 minute more. Add the **chopped tomatoes**, **kidney beans** and **water** (see ingredients for amount). Stir in the **stock powder**.



4 PREP THE EXTRAS

Lower the heat slightly and simmer until the **sauce** has reduced by half and is thick and tomatoey, 15 mins. Stir occasionally. While the veggie chilli is simmering, grate the **cheddar cheese** and set aside. Chop the **vine tomato** into small pieces. Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways.



5 MAKE THE DRESSING

Zest the **lime** and pop into a mixing bowl then squeeze in the **lime juice**. Add the **olive oil** (see ingredients for amount), a pinch of **salt** and **pepper** and a pinch of **sugar** (if you have some). Whisk together with a fork and set aside. Add the **tomato** and **lettuce** and toss just before serving.



6 GRILL THE TOPPING

Spoon the **veggie chilli** into an ovenproof dish. Remove the **sweet potato** from your oven and set your grill to high. Arrange the **sweet potato** on top of the **chilli** and sprinkle over the **cheese**. Pop under your grill until the **cheese** has melted, 3-5 mins. Share between your plates and serve the **salad** on the side. Finish with a sprinkling of the remaining **coriander**. **Enjoy!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato *	1 large	3 small	2 large
Yellow Pepper *	1	2	2
Coriander *	½ bunch	¾ bunch	1 bunch
Green Chilli *	½	¾	1
Kidney Beans	1 carton	1½ cartons	2 cartons
Ground Cumin	1 small pot	¾ large pot	1 large pot
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Water*	75ml	100ml	150ml
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Cheddar Cheese 7) *	3 blocks	4 blocks	5 blocks
Vine Tomato	2	3	4
Baby Gem Lettuce *	1	2	2
Lime *	½	¾	1
Olive Oil*	1 tbsp	1 ½ tbsp	2 tbsp

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 901G	PER 100G
Energy (kJ/kcal)	2906 / 695	322 / 77
Fat (g)	22	2
Sat. Fat (g)	11	1
Carbohydrate (g)	93	10
Sugars (g)	36	4
Protein (g)	30	3
Salt (g)	3.60	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery

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

👍 THUMBS UP OR THUMBS DOWN?

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