



Upside Down Loaded BBQ Potatoes with Plant-Based 'Chicken' & Black Beans

CLASSIC 40 Minutes • 1.5 of your 5 a day • Veggie

N° 19



Potatoes



Bell Pepper



Spring Onion



Black Beans



Cheddar Cheese



Vivera "Chicken"



Mexican Spice



BBQ Sauce



Vegetable Stock Powder

Before you start

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

Basic cooking tools, you will need:

Baking Tray, Sieve, Coarse Grater, Frying Pan, Measuring Jug and Ovenproof Dish.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks
Vivera "Chicken" 11) 13)**	1 pack	1½ packs	2 packs
Mexican Spice	1 small sachet	¾ large sachet	1 large sachet
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets
Vegetable Stock Powder 10)	1 sachets	2 sachets	2 sachets
Water for the Sauce*	150ml	200ml	300ml

*Not Included ** Store in the Fridge

*** Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	641g	100g
Energy (kJ/kcal)	2519 /602	393 /94
Fat (g)	13	2
Sat. Fat (g)	7	1
Carbohydrate (g)	76	12
Sugars (g)	15	2
Protein (g)	40	6
Salt (g)	3.76	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 11) Soya 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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You can recycle me!

Packed in the UK



1. Full Spud Ahead

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide chunks (no need to peel!). Pop the **potato** on a low sided wide baking tray, drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins, turning halfway through.

TIP: Use two baking trays if necessary, you want the potatoes nicely spread out.



4. Simmer Simmer

Bring the pan to a boil and turn the heat down to simmer. Cook stirring occasionally until the **mixture** has thickened slightly, 6-7 mins. Taste and season with **salt** and **pepper**.



2. Prep Time

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Trim the **spring onions** then slice thinly. Drain and rinse the **black beans** in a sieve. Pop **half** the **black beans** in a medium sized bowl and crush with the back of a fork or a potato masher. Grate the **Cheddar**.



5. Load & Bake

Once the **potatoes** and **Vivera Chicken and pepper stew** are cooked, tip the filling in to an appropriately sized baking tray (we used a 20cm x 20cm tray for 2 people). Evenly cover the filling with the cooked **potatoes** and sprinkle over the **cheese**. Return to the top shelf of your oven and cook until the **cheese** is melted and the filling bubbling, 6-8 mins.



3. Make Your Filling

Heat a drizzle of **oil** in a large frying pan on a medium high heat. When hot, add the **pepper slices** and **Vivera plant based chicken pieces**. Cook stirring occasionally until the **pepper** is tender and the **Vivera pieces** golden, 7-9 mins. Stir in the **Mexican spice** and cook for one minute. Add the **black beans** (whole and crushed), **BBQ sauce**, **veg stock powder** and **water** (see ingredients for amount). Stir everything together well.



6. Time to Serve

Share the **upside down loaded potatoes** between your plates. Sprinkle over the **chopped spring onion**.

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.