



# Veggie Chilli Loaded Sweet Potato Fries

with Limey Tomato and Avo Salsa

Nº 23

**CLASSIC** 30 Minutes • Little Heat • 3.5 of your 5 a day • Veggie



-  Sweet Potato
-  Onion
-  Garlic Clove
-  Red Kidney Beans
-  Mexican Spice
-  Tomato Passata
-  Vegetable Stock Powder
-  Red Split Lentils
-  Lime
-  Spring Onion
-  Baby Plum Tomatoes
-  Avocado
-  BBQ Sauce

## Before you start

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

### Basic cooking tools, you will need:

Baking Tray, Colander, Frying Pan and Measuring Jug.

### Ingredients

	2P	3P	4P
Sweet Potato**	1	1½	2
Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Red Kidney Beans	1 carton	1 carton	2 cartons
Mexican Spice	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Water for the Chilli*	400ml	600ml	800ml
Vegetable Stock Powder (10)	1 sachet	2 sachets	2 sachets
Red Split Lentils	100g	150g	200g
Lime**	½	1	1
Spring Onion**	1	2	2
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Avocado**	1	2	2
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
BBQ Sauce (13)	1 sachet	2 sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	878g	100g
Energy (kJ/kcal)	3533 /845	403 /96
Fat (g)	23	3
Sat. Fat (g)	5	1
Carbohydrate (g)	130	15
Sugars (g)	38	4
Protein (g)	31	4
Salt (g)	2.41	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

10) Celery 13) Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Get Prepped

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Set aside. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic**. Drain and rinse the **kidney beans** in a colander.



## 4. Prep the Salsa

Meanwhile, zest and halve the **lime**. Trim the **spring onion** and thinly slice, set aside. Quarter the **baby plum tomatoes**. Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh into onto a board. Chop the **avo** into small 1cm chunks.



## 2. Fry the Onions

Roast the **sweet potato wedges** on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP: Use two baking trays if necessary, you want the potatoes nicely spread out.** Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **onion** and cook until softened, 5-6 mins. Stir occasionally.



## 5. Finish the Salsa

Squeeze half the **lime juice** into a bowl and add the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and mix together. Add the **tomatoes** and **avocado** and stir together. Set aside.



## 3. Simmer

Stir in the **garlic** and **Mexican spice** and cook for one minute. Pour in the **tomato passata**, **water** (see ingredients for amount), **veg stock powder** and **red split lentils**. Season with **salt** and **pepper**, stir together, bring to the boil, reduce the heat to medium low and simmer until the **lentils** are tender, 20-25 mins. Stir every few mins to stop the **lentils** sticking to the bottom of the pan, add a splash of **water** if it dries out. Stir in the **kidney beans** halfway through cooking.



## 6. Finish and Serve

Once cooked, stir the **BBQ sauce** into the **lentil mixture**. Taste and add **salt** and **pepper** if you feel it needs it and a splash of **water** if it's a bit dry. Serve the **sweet potato wedges** with **veggie chilli** spooned over and the **salsa** sprinkled on top, followed by the **spring onion** and **lime zest**. Serve the remaining **lime** cut into wedges for squeezing over.

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.