



Black Bean & Sweet Potato Stew

With Kale & Harissa

N° 8

BALANCED 45 Minutes • Under 600 Calories • Medium Heat • 3 of your 5 a day • Veggie



Diced Sweet Potato



Onion



Garlic Clove



Spring Onion



Flaked Almonds



Harissa Paste



Vegetable Stock Powder



Finely Chopped Tomatoes with Onion and Garlic



Black Beans



Kale



Greek Yoghurt

Before you start

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

Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press), Large Saucepan, Measuring Jug, Colander,

Ingredients

| | 2P | 3P | 4P |
|---|--------------|--------------|---------------|
| Diced Sweet Potato** | 1 small pack | 1 large pack | 2 small packs |
| Onion** | 1 | 1 | 2 |
| Garlic Clove** | 1 clove | 2 cloves | 2 cloves |
| Spring Onion** | 1 | 2 | 2 |
| Flaked Almonds (2) | 1 small pot | 1 large pot | 1 large pot |
| Harissa Paste | 1 sachet | 1½ sachets | 2 sachets |
| Water for the Sauce* | 200ml | 300ml | 400ml |
| Vegetable Stock Powder (10) | 1 sachet | 1½ sachets | 2 sachets |
| Finely Chopped Tomatoes with Onion and Garlic | 1 carton | 1½ cartons | 2 cartons |
| Black Beans | 1 carton | 1½ cartons | 2 cartons |
| Kale** | 1 small bag | 1 small bag | 1 large bag |
| Greek Yoghurt (7)** | 75g | 100g | 150g |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 767g | 100g |
| Energy (kJ/kcal) | 2280 /545 | 297 /71 |
| Fat (g) | 20 | 3 |
| Sat. Fat (g) | 4 | 1 |
| Carbohydrate (g) | 70 | 9 |
| Sugars (g) | 22 | 3 |
| Protein (g) | 21 | 3 |
| Salt (g) | 3.43 | 0.45 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut (7) Milk (10) Celery

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.

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

Contact

Thumbs up or thumbs down?

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Packed in the UK



1. Roast the Sweet Potato

Preheat your oven to 200°C. Pop the **sweet potato** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat and roast on the top shelf of your oven until golden on the outside and soft in the middle, 20-25 mins. Turn halfway through cooking.



4. Add the Beans

Meanwhile, drain and rinse the **black beans** in a colander. When the **sauce** has cooked down, add the **black beans** and **kale** stirring occasionally. Continue to simmer until the stew has thickened and the **kale** is tender, 10-12 mins.



2. Prep Time

Meanwhile, halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **spring onions** then slice thinly. Heat a large saucepan on medium heat (no oil) and add the **almonds**. Toast until golden 2-3 minutes. **TIP: Watch the almonds like a hawk as they can burn easily.** Once toasted, transfer to a small bowl and set aside.



5. Finish the Stew

Once the **sweet potato** is cooked, remove it from the oven and stir it through your **stew**. Season to taste with **salt** and **pepper**. Add a splash of **water** if it's too thick.



3. Start the Stew

Put the saucepan back onto a medium-high heat and add a drizzle of **oil**. Add the **onion** and cook for until golden, stirring occasionally. 4-5 minutes. Add the **garlic** and **harissa** and cook for a further minute. Pour in the **water** (see ingredients for amount), **veg stock powder** and **chopped tomatoes**. Bring to a boil, reduce the heat to medium, and simmer until it has thickened slightly, 7-8 mins. Stir occasionally.



6. Time to Serve

Divide the **bean stew** between your bowls. Finish with a dollop of **Greek yoghurt** and generously sprinkle on the **toasted almonds** and **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.

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Sugar

Featured Ingredient: Almonds are rich in vitamin E. Vitamin E is an antioxidant, which protects cells from oxidative damage.