



# BRAZILIAN ROASTED SWEET POTATO 'VEIJOADA'

with Fragrant Braised Cabbage

VEGGIE



## HELLO VEIJOADA

Our vegetarian take on the traditional  
Brazilian meat stew "feijoada"

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 531



Sweet Potato,  
cubes



Onion, chopped



Red Bell Pepper



Parsley



Garlic



Long Red Chili



Black Beans



Ground Cumin



Smoked Paprika



Savoy Cabbage,  
shredded



Ground  
Cinnamon



Vegetable Broth  
Concentrate

## BUST OUT

- Baking Sheet
- Strainer
- Large Non-Stick Pan
- Garlic Press
- Large Pan
- Butter **2**  
(2 tbsp | 4 tbsp)
- Measuring Cups
- Salt and Pepper
- Measuring Spoons

## INGREDIENTS

2-person

- Sweet Potato, cubes 170 g
- Onion, chopped 56 g
- Red Bell Pepper 190 g
- Parsley 10 g
- Garlic 10 g
- Long Red Chili 🌶️ 1
- Black Beans 1 box
- Ground Cumin 1 tsp
- Smoked Paprika 1 tsp
- Savoy Cabbage, shredded 340 g
- Ground Cinnamon ½ tsp
- Vegetable Broth Concentrate 1

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.



## START STRONG



Preheat the oven to **425°F** (to roast the sweet potatoes). Start prepping when the oven comes up to temperature!



**1 ROAST SWEET POTATOES**  
Wash and dry all produce.\* On a baking sheet, toss the **sweet potatoes** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the sweet potatoes are tender, 22-23 min.



**4 BRAISE CABBAGE**  
Meanwhile, heat a large pan over medium-high heat. Add **2 tbsp butter**, **cabbage**, **cinnamon** and **½ cup water**. Season with **salt** and **pepper**. Cover with a lid. Cook, stirring occasionally, until cabbage is fork-tender, 5-6 min.



**2 PREP AND COOK ONIONS**  
Meanwhile, core and cut the **bell pepper** into ½-inch pieces. Mince or grate the **garlic**. Roughly chop the **parsley**. Drain and rinse the **beans**. Finely chop the **chili**, removing the seeds for less heat. Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until the onions soften, 4-5 min.



**5 ASSEMBLE VEIJOADA**  
When the **sweet potatoes** are done roasting, stir them into the **bean mixture** along with the **remaining parsley**. Season with **salt** and **pepper**.



**3 COOK VEGGIES**  
Add the **bell peppers** to the pan and cook, stirring often, until tender-crisp, 4-5 min. Add **half the parsley**, **garlic**, **cumin**, **smoked paprika** and as much **chili** as you like. Cook until fragrant, 1-2 min. Add the **beans**, **broth concentrate** and **2 cups water**. Bring to a simmer and cook until mixture is slightly reduced, 10-12 min.



**6 FINISH AND SERVE**  
Divide the **veijoada** between plates. Serve the **braised cabbage** on the side.

## WARMING!

Braising cabbage is a great way to infuse flavour into these hearty greens!