



Black Bean and Sweet Potato Harissa Stew

with Cavolo Nero, Flaked Almonds and Yoghurt

23

Calorie Smart 45 Minutes • Mild Spice • 3 of your 5 a day • Under 600 Calories • Veggie



Diced Sweet Potato



Red Onion



Garlic Clove



Spring Onion



Flaked Almonds



Harissa Paste



Vegetable Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



Black Beans



Chopped Cavolo Nero



Greek Style Natural Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, saucepan, bowl and measuring jug.

Ingredients

	2P	3P	4P
Diced Sweet Potato**	300g	450g	600g
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Spring Onion**	1	2	2
Flaked Almonds 2	15g	25g	25g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	200ml	300ml	400ml
Vegetable Stock Paste 10	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Black Beans	1 carton	1½ cartons	2 cartons
Chopped Cavolo Nero**	100g	150g	200g
Greek Style Natural Yoghurt** 7	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	649g	100g
Energy (kJ/kcal)	2262 /541	349 /83
Fat (g)	20	3
Sat. Fat (g)	4	1
Carbohydrate (g)	71	11
Sugars (g)	19	3
Protein (g)	18	3
Salt (g)	3.83	0.59

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

2) Nut 7) Milk 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Roast the Sweet Potato

Preheat your oven to 200°C. Pop the **diced sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat.
TIP: Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden and tender, 20-22 mins. Turn halfway through.



Add the Beans

Meanwhile, drain and rinse the **black beans** in a sieve. When the **sauce** has thickened, add the **black beans** and **cavolo nero** to the pan.
TIP: Discard any tough stalks from the cavolo nero. Continue to simmer, stirring occasionally, until the **stew** has thickened and the **cavolo nero** is tender, 10-12 mins.



Get Prepped

Meanwhile, halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**. Heat a large saucepan on medium heat (no oil). Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins.
TIP: Watch them like a hawk as they can burn easily. Once toasted, transfer to a small bowl and set aside.



Finish the Stew

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



Make the Stew

Put the saucepan back on medium-high heat with a drizzle of **oil**. Once hot, add the **onion** and cook until softened, 4-5 mins. Add the **garlic** and **harissa paste**, then cook for 1 more min. Pour in the **water for the sauce** (see ingredients for amount), **veg stock paste** and **chopped tomatoes**. Bring to a boil, then reduce the heat to medium. Simmer until thickened, 7-8 mins, stirring occasionally.



Time to Serve

When ready, divide the **stew** between your bowls. Finish with a dollop of **yoghurt** and generously sprinkle the **toasted almonds** and **spring onion** over the top.

Enjoy!

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8-15

