



# Veggie Chilli Loaded Sweet Potato Fries

with Zesty Tomato and Avo Salsa

Nº 20

**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, Fine Grater, 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	840g	100g
Energy (kJ/kcal)	3502 /837	417 /100
Fat (g)	23	3
Sat. Fat (g)	5	1
Carbohydrate (g)	129	15
Sugars (g)	36	4
Protein (g)	31	4
Salt (g)	2.41	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

(10) Celery (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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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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Packed in the UK



## 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, 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. Roast the Potatoes

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 1 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 the **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.