



# Rice and Kidney Bean Burrito Bake

with Roasted Sweet Potato & Red Pepper

N° 7

**CLASSIC** 40 Minutes • Little Heat • 3.5 of your 5 a day • Veggie



Sweet Potato



Red Pepper



Cajun Spice



Onion



Garlic Clove



Vegetable Stock Powder



Basmati Rice



Lime



Soured Cream



Avocado



Kidney Beans



Coriander



Cheddar Cheese

## 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), Frying Pan, Measuring Jug, Colander and Coarse Grater.

### Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Red Pepper**	1	2	2
Cajun Spice	1 pot	1 pots	2 pots
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Water for the Rice*	300ml	450ml	600ml
Vegetable Stock Powder <b>10)</b>	1 sachet	2 sachets	2 sachets
Basmati Rice	150g	225g	300g
Lime**	½	1	1
Sour Cream <b>7)**</b>	150g	225g	300g
Avocado**	1	1½	2
Kidney Beans	1 carton	1 carton	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Cheddar Cheese <b>7)**</b>	2 blocks	3 blocks	4 blocks

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	682g	100g
Energy (kJ/kcal)	4090 /978	599 /143
Fat (g)	43	6
Sat. Fat (g)	19	3
Carbohydrate (g)	114	17
Sugars (g)	20	3
Protein (g)	31	5
Salt (g)	2.13	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **10)** Celery

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. Roast the Veggies

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm cubes (no need to peel!). Halve the **pepper** and discard the core and seeds, chop into 2cm pieces. Pop the **potato** and **pepper** on a baking tray, drizzle with **oil** and sprinkle over the **cajun spice mix**. **TIP: Use less spice if you don't like heat.** Toss and roast on the top shelf of your oven, 20-25 mins, turn halfway through cooking.



## 4. Finish the Rice

Drain and rinse the **kidney beans** in a colander. Roughly chop the **coriander** (stalks and all). Grate the **Cheddar cheese**. Preheat your grill to high. Once the **rice** is cooked, stir through the **kidney beans**, remaining **lime juice** and **half the coriander**, then transfer to an ovenproof dish.



## 2. Cook the Rice

Meanwhile, peel and finely chop the **onion**. Peel and grate the **garlic** (or use a garlic press). Heat a frying pan over medium heat and add the **onion** and cook, stirring regularly, until softened, 5 mins. Add the **garlic** and cook for a further 1 minute. Pour the **water** for the rice (see ingredients for amount) into the saucepan and bring to the boil. When boiling, add the **stock powder**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins.



## 5. Grill the Bake

Add the **roasted vegetables** to the dish with the **rice** and gently combine everything together. Sprinkle over the **grated cheese** and pop the dish under your grill until the **cheese** is bubbling, 3-4 mins.



## 3. Make the Toppings

Zest and halve the **lime**. Put the **soured cream** in a bowl and stir in the **lime zest**. Season with **salt** and **pepper** and stir together. 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 onto a board. Chop into 2cm chunks. Put the **avocado** into a bowl and squeeze over **half the lime juice**.



## 6. Garnish and Serve

Remove from your grill and scatter over the **avocado**. Dollop the **soured cream** across the top and sprinkle with the remaining **coriander**. Share between your bowls.

**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.