



Sweet Potato Jacky-P

with Easy Beef Chilli, Cheese and Chives

Classic 50 Minutes • Little Spice • 2 of your 5 a day

N° 10



Sweet Potato



Beef Mince



Kidney Beans



Central American
Style Spice Mix



Tomato Passata



Beef Stock Paste



Cheddar Cheese



Chives

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan, Wooden Spoon, Sieve, Measuring Jug, Lid, Grater, Plate.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Beef Mince**	240g	360g	480g
Kidney Beans	1 carton	1½ cartons	2 cartons
Water for the Beans*	50ml	75ml	100ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Cheddar Cheese 7)**	60g	90g	120g
Chives**	1 bunch	1 bunch	1 bunch

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	631g	100g
Energy (kJ/kcal)	3138 / 750	498 / 119
Fat (g)	31	5
Sat. Fat (g)	15	2
Carbohydrate (g)	70	11
Sugars (g)	20	3
Protein (g)	44	7
Salt (g)	2.77	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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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Bake the Potatoes

Preheat your oven to 220°C. Halve the **sweet potatoes** lengthways and pop them on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Rub the **oil** into the **potatoes** then lay them skin-side down on the baking tray. Roast on the top shelf of your oven until tender and the knife slips in easily, 30-40 mins.



Cook the Beef

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium-high heat. When the **oil** is hot, add the **beef mince** and cook until browned, 2-3 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. Use a wooden spoon to break it up as it cooks. While it cooks, drain and rinse the **kidney beans** in a sieve.



Add the Flavour

Drain and discard any excess fat from the **beef**, then season with **salt** and **pepper**. Add the **Central American spice mix** and roughly squish in **half** of the **kidney beans** with your hands (to break them up). Stir in the remaining **kidney beans**, **tomato passata**, **beef stock paste**, **water** and **sugar** (see ingredients for both amounts).



Simmer the Beef

Bring the **mixture** to the boil, then cover with a lid, turn the heat to low and leave to cook slowly for the same amount of time your **potato** needs. In the meantime, put your feet up. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Season

Once everything is ready, taste the **chilli** and add **salt** and **pepper** if you feel it needs it.



Serve

Serve the **jacket sweet potato halves** on plates with the **chilli** spooned on top. Grate over the **cheese** at the table and use scissors to snip the **chives** over the top.

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.