

Hello
FRESH

MAR
2017

Veggie Feijoada

with Braised Kale, Bell Pepper and Sweet Potatoes

Feijoada is a classic Brazilian dish. Typically made with off-cuts of meat, this stew is traditionally simmered for hours, even days, to get a deep, rich flavour. Our veggie version is an homage to this Brazilian staple, ready in 30 minutes. Saude!

 Prep
30 min

 veggie



Black Beans



Brown Rice



Onion



Sweet Potato



Yellow Bell
Pepper



Garlic



Kale



Feijoada Spice
Blend



Vegetable Broth
Concentrate



Orange

Ingredients

Black Beans	1 box
Brown Rice	1 pkg (113 g)
Onion, chopped	1 pkg (113 g)
Sweet Potato, cubed	1 pkg (170 g)
Yellow Bell Pepper	1
Garlic	1 pkg (10 g)
Kale, shredded	1 pkg (113 g)
Feijoada Spice Blend	1 pkg (1 tbsp)
Vegetable Broth Concentrate	1 pkg
Orange	1
Olive or Canola Oil*	

2 People

*Not Included

Allergens

None

Tools

Zester, Small Pot, Measuring Cups, Medium Pot, Medium Pan, Measuring Spoons, Strainer, Measuring Cups

Nutrition per person Calories: 554 cal | Fat: 8 g | Protein: 18 g | Carbs: 101 g | Fibre: 16 g | Sodium: 583 mg

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

Ruler

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1 Prep: Wash and dry all produce. Core, then cut the **bell pepper** into 1/4-inch pieces. Mince or grate the **garlic**. Zest, then peel and slice the **orange** into 1/4-inch rounds.



2 Cook the rice: Rinse the **rice** in a strainer under cold tap water until the water runs clear. In a small pot, combine the rice with **1 1/2 cups water** and a pinch of **salt**. Bring it to a boil over high heat, then reduce the heat to medium. Cover with a lid and simmer until the rice is tender, 23-25 min.



3 Start the feijoada: Heat a medium pot over medium heat. Add a drizzle of **oil**, then **half the onions**. Cook until softened, 4-5 min. Add the **spice blend** and **half the garlic**. Cook until fragrant, 1 min.

4 Add the **bell pepper**, **sweet potato**, **broth concentrate** and **beans (including the liquid in the box)** and **3/4 cup water** to the pot. Season with **pepper** and **1/2 tsp salt**. Bring to a boil, then reduce the heat to medium. Simmer until the sweet potatoes are fork-tender, 14-15 min.

5 Make the braised kale: Meanwhile, heat a medium pan over medium heat. Add a drizzle of **oil**, then the **remaining onions**. Cook until golden-brown, 6-7 min. Add the **remaining garlic**, **kale** and **1/4 cup water**. Cook, stirring often, until kale wilts, 1-2 min. Season with **salt** and **pepper**.

6 Finish and serve: Stir **1 tsp orange zest** into the **feijoada**. (Taste, then add more orange zest if you like!) Season with **salt** and **pepper**. Divide the **feijoada**, **kale** and **rice** between plates. Serve with the **sliced orange** on the side. Enjoy!

DID YOU KNOW: Feijoada is traditionally served with a breadcrumb-like mixture made from cassava called *farofa*.

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