



Beef and Bean Chilli Baked Sweet Potato

with sprinkled cheese

40 – 45 mins • Spicy

4



Irish Beef Mince



Sweet Potato



Red Kidney Beans



Central American Style Spice Mix



Passata



Stock



Scallion



Grated Cheese



Chipotle Paste



Irish Lamb Mince



Irish Pork Mince

Pantry Items: Sugar, Water, Salt, Pepper, Oil



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Baking sheet with baking paper, pan with lid, sieve

Ingredients

	2P	4P
Irish Beef Mince	240 g	480 g
Sweet Potato	2 units	4 units
Red Kidney Beans	1 pack	2 packs
Central American Style Spice Mix	2 sachets	4 sachets
Passata	1 pack	2 packs
Stock	1 sachet	2 sachets
Scallion	1 unit	2 units
Grated Cheese	50 g	100 g
Chipotle Paste	2 sachets	4 sachets
Irish Lamb Mince	240 g	480 g
Irish Pork Mince	240 g	480 g

Nutrition

for uncooked ingredient	Recipe 1		Recipe 2
	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	511 kJ/ 122 kcal	523 kJ/ 125 kcal	487 kJ/ 116 kcal
Fat (g)	4.1 g	4.6 g	3.6 g
Sat. Fat (g)	1.9 g	2.2 g	1.5 g
Carbohydrate (g)	9.9 g	9.9 g	9.9 g
Sugars (g)	3.7 g	3.7 g	3.7 g
Protein (g)	6.6 g	6.3 g	6.5 g
Salt (g)	0.6 g	0.6 g	0.6 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Contact

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Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

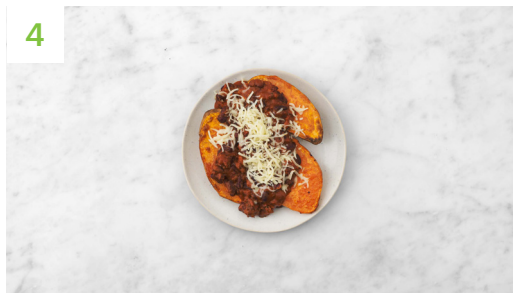


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Bake the Sweet Potatoes

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Halve the **sweet potatoes** lengthways and place on a lined baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**. Rub the **oil** over the **potatoes**, then spread them out, cut-side down.
- When the oven is hot, roast on the top shelf until fork tender, 30-40 mins.
- Meanwhile, drain and rinse the **kidney beans** in a sieve. Trim and thinly slice the **scallion**.



Assemble and Serve

- Divide the **sweet potato** halves between plates, skin-side down.
- Spoon the **beef chilli** on top and scatter over the **cheese**.
- Finish with a sprinkling of sliced **scallion**.

Enjoy!



Fry the Mince

- When 15 mins of cooking time remain for the **sweet potatoes**, place a pan over medium-high heat (no oil).
- Once the pan is hot, add the **beef mince** and fry until browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Use a spoon to break up the **mince** as it cooks. Season with **salt** and **pepper**.
- Add the **Central American spice mix** and cook for 30 secs more.



Simmer the Chilli

- Stir in the **kidney beans**, **passata**, **stock** and ½ tsp **sugar** (per 2P).
- Cover with a lid and cook for 6-8 mins.
- Roughly mash **half** the **beans** with a fork.
- Once the **chilli** is ready, stir through the **chipotle paste**.
- Add a splash of **water** to loosen the sauce if required. Season to taste with **salt** and **pepper** and **sugar**.

CUSTOM OPTIONS



LAMB MINCE

Swapping to lamb mince? Simply follow the recipe as written, replacing 'beef' with 'lamb' where necessary.



PORK MINCE

Swapping to pork mince? Simply follow the recipe as written, replacing 'beef' with 'pork' where necessary.