



# Chorizo and Sweet Potato Stew

with kidney beans and coconut milk

40-45 mins

2



Chorizo



Dried Thyme



Scallion



Garlic



Bell Pepper



Lime



Red Kidney Beans



Garam Masala



Chopped Tomatoes



Coconut Milk



Vegetable Stock



Sweet Potato

Pantry Items: Salt, Pepper, Oil, Water

## 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.

## Cooking tools you will need

Baking sheet with baking paper, grater, lid, pot, sieve

## Ingredients

	2P	4P
Chorizo	100 g	200 g
Dried Thyme	1 sachet	2 sachets
Scallion	1 unit	2 units
Garlic	1 unit	2 units
Bell Pepper	1 unit	2 units
Lime	1 unit	2 units
Red Kidney Beans	1 pack	2 packs
Garam Masala	1 sachet	2 sachets
Chopped Tomatoes	1 pack	2 packs
Coconut Milk	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Sweet Potato	300 g	600 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	825 g	100 g
Energy (kJ/kcal)	3159.2 kJ/ 755.1 kcal	382.9 kJ/ 91.5 kcal
Fat (g)	32.5 g	3.9 g
Sat. Fat (g)	19.6 g	2.4 g
Carbohydrate (g)	80.3 g	9.7 g
Sugars (g)	23.5 g	2.8 g
Protein (g)	31.5 g	3.8 g
Salt (g)	4 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

## Contact

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## Roast the Sweet Potato

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** into 2cm chunks (no need to peel).
- Pop the chunks onto a large (lined) baking tray.
- Drizzle with **oil** and sprinkle over **half** the **thyme**. Season with **salt** and **pepper**.
- Toss to coat then spread out in a single layer. When the oven is hot, roast on the top shelf until golden, 20-30 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



## Simmer the Stew

- Bring the stew to the boil.
- Cover the pot and simmer on low heat for 12-15 mins.
- With 5 mins of cooking time left, add the **kidney beans** to the pot.
- Season to taste with **salt** and **pepper**.



## Get Prepped

- Trim and thinly slice the **scallion**.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **pepper** and discard the core and seeds. Chop into 1cm chunks.
- Zest then squeeze the juice from the **lime**.
- Drain and rinse the **kidney beans** in a sieve.



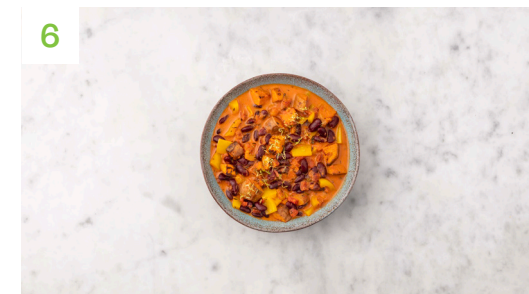
## Finishing Touches

- Remove the pot from the heat.
- Stir in the roasted **sweet potato**.
- Add **half** the **lime** juice.



## Start the Stew

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, add the **scallion** (keeping a little aside for garnish). Season with **salt** and **pepper** and fry, stirring occasionally, until soft and sweet, 1-2 mins.
- Add the **chorizo** and **pepper**. Fry for 4-5 mins.
- Add the **garlic**, **garam masala** and remaining **thyme**. Fry for 1 min.
- Add the **chopped tomatoes**, **stock powder**, **coconut milk** and 100ml **water** (double for 4p). **IMPORTANT:** Cook chorizo thoroughly.



## Garnish and Serve

- Divide the **chorizo** and **sweet potato** stew between bowls.
- Garnish with the **lime** zest and reserved **scallion**.
- Finish with a splash of **lime** juice to taste.

**Enjoy!**