

# Spicy Smoky Sweet Potato and Mixed Bean Chilli

with Peanuts

hellóchef

Enjoy this warming bowl of vegan goodness!

Cals 779 • Prot 38 • Carbs 114 • Fat 14

Vegan

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chilli	2 ppl	3 ppl	4 ppl	
Sweet potatoes	400	600	800	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Black beans	240	240	480	Grams
Black pepper	0.5	1	1	Tsp
Red kidney beans	240	480	480	Grams
Vegetable oil	2	3	4	Tbsp
Salt	1	1	1	Tsp
Smoked paprika powder	2	4	4	Grams
Cumin powder	2	2	4	Grams
Chipotle powder	2	4	4	Grams
Tomato paste	50	70	70	Grams
Sriracha sauce	14	21	28	Grams
Brown sugar	10	15	20	Grams
Chopped tomatoes	400	400	800	Grams
Water	250	400	500	ML
Vegetable stock cube 15*	1	1	2	Piece
Cashew cream cheeze 2*	55	110	110	Grams
To serve				
Large red chilli	1	2	2	Piece
Salted peanuts 1*	40	60	80	Grams

Allergens

\*15 Celery, \*2 Tree Nuts, \*1 Peanuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3263 / 779
Fat (g)	14.4
of which saturates (g)	4.4
Carbohydrate (g)	114
of which sugars (g)	28.5
Fiber (g)	27.7
Protein (g)	38.3
Salt (g)	7.1

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel the **sweet potatoes** and chop them into small bite-size pieces. Peel and finely chop the **red onion** and **garlic**. Slice the **red chilli (spicy!)**. Rinse and drain the **black beans** and **red kidney beans**.



2 Start chilli

Heat a pan or a soup pot over a medium-high heat with a drizzle of **oil**. Once hot, add the **sweet potatoes** and **onion** and fry with a pinch of **salt** for 5 min. Add the **garlic** and cook for 2 min further.



3 Add

Add the **smoked paprika, cumin, chipotle (spicy!), tomato paste, sriracha (spicy!) and brown sugar**. Stir for 1 min. Add the drained **black beans** and **red kidney beans**.



4 Simmer

Add the **chopped tomatoes, measured water** and the **vegetable stock cube**. Bring to a simmer, cover with a lid and reduce the heat to low. Simmer for 20-25 min or until the **sweet potatoes** are soft.



5 Finish chilli

Finally, fold in the vegan **cashew cream cheeze**. Season with **salt** and **pepper** to taste. Add a splash of **water** if the **chilli** is too thick - this is your **chilli**.



6 Serve

Divide the **bean chilli** among bowls. Garnish with the **red chilli slices (spicy!)** and the **salted peanuts**.