



Hello
FRESH



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Sweet Potato 'Steaks'

with Smoky Black Beans, Tomato Salad and Quinoa

Sweet potato toasts are all the rage, and we wanted to try it out for ourselves! We've turned our own sweet potatoes into 'steaks' and topped them with a smoky, salty black bean medley for a fun variation of beans on toast!



Sweet Potato



Quinoa



Black Beans



Grape Tomatoes



Red Onion



Green Onions



Jalapeño



Smoked Paprika



Lime




Cilantro



Feta Cheese

Ingredients

	2 People	
Sweet Potato	2	*Not Included
Quinoa	1 pkg (113 g)	Allergens
Black Beans	1 box	1) Milk/Lait
Grape Tomatoes	1 pkg (255 g)	
Red Onion, chopped	1 pkg (56 g)	
Green Onions	2	
Jalapeño 	1	
Smoked Paprika	1 pkg (½ tsp)	Tools
Lime	1	Medium Pot, Measuring Cups, Baking Sheet, Strainer, Zester, Small Bowl, Large Pan
Cilantro	1 pkg (10 g)	
Feta Cheese, crumbled	1) 1	
Olive or Canola Oil*	1 pkg (½ cup)	

Nutrition per person Calories: 722 cal | Fat: 16 g | Protein: 31 g | Carbs: 108 g | Fibre: 25 g | Sodium: 658 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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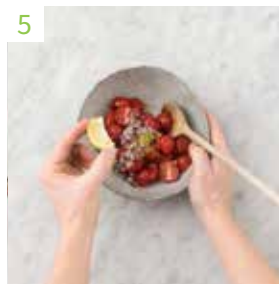
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1 Preheat the oven to 450°F (to roast the sweet potato steaks). Start prepping when the oven comes up to temperature.

2 Roast the sweet potatoes: Wash and dry all produce. Slice the **sweet potatoes** lengthwise, into ½-inch thick 'steaks'. Toss them with a drizzle of **oil** on a baking sheet. Season with **salt** and **pepper**. Roast in the centre of the oven, flipping them over halfway through cooking, until golden-brown, 25-28 min.

5



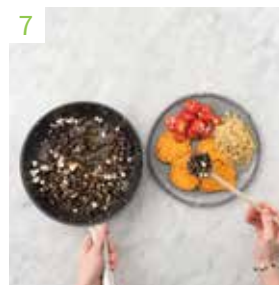
3 Prep: Meanwhile, in a medium pot, bring **1 cup salted water** to a boil. Roughly chop the **cilantro**, keeping the **leaves** and **stems** separate. Drain and rinse the **beans**. Cut the **grape tomatoes** in half. Thinly slice the **green onions**. Mince the **jalapeño**, removing the ribs and seeds if you prefer less heat. Zest, then cut the **lime** into wedges.

6



4 Cook the quinoa: Add the **quinoa** and **cilantro stems** to the boiling water. Reduce heat to medium-low. Cook, covered, until quinoa is tender and all the water has been absorbed, 12-15 min.

7



5 Make the tomato salad: Meanwhile, in a small bowl, combine the **tomatoes**, **half the cilantro**, **half the red onion**, **lime zest**, a squeeze of a **lime wedge** and a drizzle of **oil**. Season with **salt** and **pepper**.

6 Cook the bean topping: Heat a large pan over medium heat. Add a drizzle of **oil**, then the **remaining red onion**. Cook, stirring occasionally, until softened, 4-5 min. Add the **smoked paprika**, **beans** and as much **jalapeño** as you like. Stir until heated through, 1-2 min. Stir in the **feta**. Season with **salt** and **pepper**.

7 Finish and serve: Divide the **sweet potato 'steaks'**, **quinoa** and **tomato salad** between plates. Top the 'steaks' with the **bean mixture**. Sprinkle with **green onion**, **remaining cilantro** and a squeeze of a **lime wedge**. Enjoy!

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