



## Jamaican Jerk Sweet Potato & Bean Curry



Jerk is a style of cooking native to Jamaica. This dish utilises jerk seasoning, a blend of warming and hot spices which create a cosy flavour synonymous with the Autumn and Winter months. This sweet potato and bean curry is loaded with fibre, complex carbohydrates, and vitamins, making it the perfect dish for battling the colder seasons!

### Nutritional Info

Calories: 371 kcal  
Carbohydrates: 70g  
Protein: 16g  
Fat: 3g

### Ingredients

- Red Pepper
- Red Onion
- Garlic
- Black Beans
- Sweet Potatoes
- Jerk seasoning
- Chopped tomatoes
- Vegetable stock cube
- Fresh coriander

### Your Pantry

- Olive Oil
- Sugar

### Allergens


Celery (Stock cube)  
Stock cube may contain traces of Egg, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



## 1) Boil the kettle

## 2) Prepare the vegetables

Slice the red pepper into relatively thin strips. Peel and finely chop the onion and garlic. Peel and chop the sweet potatoes into 2cm chunks. Finely chop the coriander. Drain and rinse the beans thoroughly. Make the stock up to 500ml per cube and set aside 200ml *per person*.

## 3) Saute the vegetables

Place a medium-large saucepan on a medium heat with a drizzle of oil. Once hot, add the onions. Cover with a lid and cook on low-medium for 4-5 minutes or until softened and translucent. Once soft, add the garlic and red peppers and cook for 2-3 minutes.

## 4) Make the curry

Add the jerk spice and the sweet potatoes to the saucepan with the vegetables and stir, cooking for 1-2 minutes. Pour in the stock, tomatoes, and beans as well as ½ teaspoon of sugar *per person*. Season with salt and pepper and bring to a simmer. Cook, uncovered for 20 minutes or until the potatoes are tender and the sauce has thickened.

## 5) Finish the curry

Once the curry is cooked, serve in bowls and garnish with the fresh coriander.



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