



Sweet Potato and Bell Pepper Hash

with melted mozzarella topping

Veggie 35-40 mins

7



Mozzarella



Breadcrumbs



Bell Pepper



Onion



Sweet Potato



Scallion



BBQ Sauce



BBQ Rub



Mayo

Pantry Items: Oil, Salt, Pepper

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Oven Dish, Baking Sheet with Baking Paper

Ingredients

	2P	4P
Mozzarella	250 g	500 g
Breadcrumbs	1 pack	1 pack
Bell Pepper	1 unit	2 units
Onion	1 unit	2 units
Sweet Potato	300 g	600 g
Scallion	1 unit	2 units
BBQ Sauce	2 sachets	4 sachets
BBQ Rub	1 sachet	2 sachets
Mayo	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	468.5 g	100 g
Energy (kJ/kcal)	2639.4 kJ/ 630.8 kcal	563.4 kJ/ 134.7 kcal
Fat (g)	33.1 g	7.1 g
Sat. Fat (g)	16.9 g	3.6 g
Carbohydrate (g)	55.8 g	11.9 g
Sugars (g)	19.4 g	4.1 g
Protein (g)	28.4 g	6.1 g
Salt (g)	1.8 g	0.4 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 your oven to 220°C/200°C fan/gas mark 7.
- Chop the **sweet potatoes** into 2cm chunks (peeling optional).
- Put the chunks onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt**, **pepper** and half the **BBQ rub** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 20-25 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Make the Crumb

- Place the **breadcrumbs** in a medium bowl.
- Mix in 1 tbsp **oil** and ¼ tsp **salt** (double both for 4p).



Roast the Veg

- Halve and peel the **onion**, then cut each half into 4 wedges.
- Halve the **bell pepper** and discard the core and seeds. Cut into 2cm wide strips.
- Place the **pepper** and **onion** on a lined baking tray and drizzle with **oil**.
- Season with the remaining **BBQ rub**, **salt** and **pepper**.
- Roast until soft and slightly charred, 14-16 mins.



Assemble the Dish

- In an oven dish, carefully toss together the **BBQ mayo**, roasted **sweet potato**, **onion** and **pepper**.
- Distribute the **mozzarella** evenly over the top of the hash.
- Sprinkle over the **breadcrumbs**.
- Bake in the oven until the **cheese** is melted, 10-12 mins.



Get Prepped

- Drain the **mozzarella** then chop each ball into 6 pieces.
- Trim and thinly slice the **scallion**.
- In a bowl, mix together the **BBQ sauce** and **mayo**.



Finish and Serve

- Once cooked, carefully remove the dish from the oven.
- Divide generous helpings of **sweet potato** and **bell pepper** hash between bowls.
- Finish with a scattering of the sliced **scallion**.

TIP: Be careful with the dish—it's hot!

Enjoy!