



### Product Spotlight: Beans

Beans are one of the best sources of plant protein you can add to your diet. They are great for energy production and the growth of muscle tissue!

## Spice it up!

*If you can handle the heat, add sliced jalapeños or your favourite hot sauce to this dish to spice it up.*

# Sweet Potato Nachos

## with Mexican Beans

Sweet potato nachos loaded with Mexican-style beans, fresh corn, mashed avocado and crumbled feta cheese.



30 minutes



2 servings



Vegetarian

19 May 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	45g	95g

## FROM YOUR BOX

SWEET POTATOES	1 bag (400g)
GREEN CAPSICUM	1
CORIANDER	1 packet
CORN COB	1
FETA CHEESE	1 packet
SALSA	1 jar
TINNED BEANS	400g
AVOCADO	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, white wine vinegar

## KEY UTENSILS

large frypan, oven tray

## NOTES

Pan-fry the corn kernels if preferred.



### 1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into rounds. Place on a lined oven tray and rub with **oil, salt and pepper**. Roast for 20-25 minutes until tender.



### 2. PREPARE THE INGREDIENTS

Dice capsicum. Pick coriander leaves and slice. Roughly chop stems and roots. Remove corn kernels from the cob (see notes). Crumble feta cheese.



### 3. COOK THE MEXICAN BEANS

Heat a frypan over medium-high heat with **oil**. Add coriander stems and roots and **3 tsp cumin**. Cook, stirring, for 1 minute. Add capsicum, salsa and beans (including liquid). Cook, stirring occasionally, for 6-8 minutes until capsicum is tender. Season with **salt and pepper**.



### 4. MASH THE AVOCADO

Add coriander leaves to a bowl along with avocado, **2 tsp vinegar, salt and pepper**. Use a fork to mash.



### 5. FINISH AND SERVE

Arrange sweet potatoes on a platter. Top with Mexican bean mix, sprinkle over corn kernels and feta cheese. Dollop over mashed avocado. Serve at the table.



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