




Product Spotlight: Beans


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



H2 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

4 February 2022

Spice it up!

If you can handle the heat try adding some sliced jalapeños or your favourite hot sauce to this dish to spice it up.

Per serve: **PROTEIN** 39g **TOTAL FAT** 36g **CARBOHYDRATES** 105g

FROM YOUR BOX

SWEET POTATOES	1 bag (400g)
GREEN CAPSICUM	1
CORIANDER	1
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 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 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 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 smashed avocado. Serve at the table.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

