



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!



Sweet Potato Nachos

with Mexican Beans

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



30 minutes



4 servings



Vegetarian

19 May 2023

Spice it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	27g	79g

FROM YOUR BOX

SWEET POTATOES	1 bag (800g)
GREEN CAPSICUM	1
CORIANDER	1 packet
CORN COB	1
FETA CHEESE	1 packet
SALSA	1 jar
TINNED BEANS	2 x 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 large frypan over medium-high heat with **oil**. Add coriander stems and roots and **1 tbsp 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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