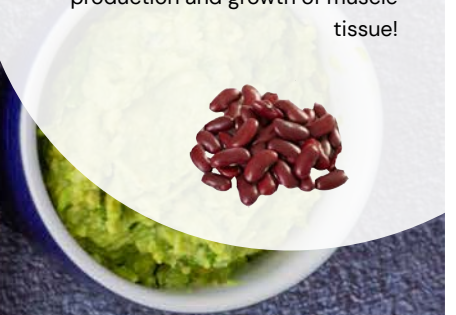




### Product Spotlight: Beans


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!



## H4 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

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** 28g **TOTAL FAT** 18g **CARBOHYDRATES** 95g



## FROM YOUR BOX

SWEET POTATOES	1 bag (800g)
GREEN CAPSICUM	1
CORIANDER	1
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 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 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 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](mailto:hello@dinnertwist.com.au)

