



### Product Spotlight: Totopos Chips

La Tortilleria's totopos chips are gluten-free, without any nasty preservatives or additives. They only have three ingredients and taste as real tortilla chips should.



## Mexibean Chilli with Totopos Chips

A nourishing bowl of Mexican bean and sweet potato chilli simmered with cumin and cinnamon, served with lime guacamole and crunchy totopos corn chips.



30 minutes



2 servings



Plant-Based

14 July 2023

## Add some toppings!

*Add pickled jalapeños, fresh coriander  
or some yoghurt to finish this dish!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	27g	133g

## FROM YOUR BOX

SPRING ONIONS	1 bunch
GREEN CAPSICUM	1
SWEET POTATO	400g
TINNED MIXED BEANS	400g
CHOPPED TOMATOES	400g
AVOCADO	1
LIME	1
CORN COB	1
TOTOPOS CHIPS	1 bag

## FROM YOUR PANTRY

oil for cooking, ground cumin, ground chilli (optional), ground cinnamon

## KEY UTENSILS

large frypan with lid

## NOTES

Leave out the chilli if you prefer a milder dish. For an extra flavour boost, add some smoked paprika and crushed garlic to the sauce.



### 1. PREPARE THE VEGETABLES

Slice spring onions (reserve some tops for garnish). Dice capsicum and sweet potato (1cm).



### 2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Add prepared vegetables along with **1 1/2 tbsp cumin**, **1 tsp cinnamon** and **1/4 tsp chilli** (see notes). Cook stirring for 5 minutes until fragrant.



### 3. SIMMER THE BEANS

Drain and add beans along with chopped tomatoes and **2 cups water**. Cover and simmer for 15-20 minutes until sweet potato is tender.



### 4. PREPARE THE TOPPINGS

Meanwhile, mash avocado with zest and juice from 1/2 lime (wedge remaining). Remove corn from cob. Set aside.



### 5. FINISH AND SERVE

Divide bean chili among bowls. Top with avocado, corn and spring onion tops. Serve with totopos chips and lime wedges.



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