



Product Spotlight: Rocket


Rocket, also called arugula, has a spicy, peppery flavour and is best consumed fresh to preserve nutrients but can be stirred into risottos and warm salads too!



12 Mexican Sweet Potato and Bean Bowl with Green Goddess Dressing

Lightly spiced roasted sweet potato and vegetables are served alongside mixed beans and rice. Finished with rocket and Green Goddess Dressing from GH Produce.

 30 minutes

 2 servings

 Plant-Based

6 May 2022

Spice it down!

If the Green Goddess dressing is a little too spicy, you can serve this bowl with a tomato salsa, guacamole or even a dollop or two of plant-based sour cream!

Per serve: **PROTEIN** 20g **TOTAL FAT** 3g **CARBOHYDRATES** 96g

FROM YOUR BOX

BASMATI RICE	150g
SWEET POTATOES	300g
RED CAPSICUM	1
PURPLE CARROT	1
SPRING ONIONS	4
TINNED MIXED BEANS	400g
ROCKET	1 bag (60g)
GREEN GODDESS DRESSING	1 bottle (100ml)

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

You can leave the capsicum and carrots raw if you prefer.



1. COOK THE RICE

Set the oven to 200°C.

Place rice in a saucepan and cover with 1.5 x amount of water. Cover with a lid and cook on lowest heat for 10–15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



4. MIX THE RICE

Thinly slice the reserved green tops from spring onions. Toss through the rice with 1 tbsp dressing (optional). Season to taste with **salt and pepper**.



2. COOK THE VEGETABLES

Dice sweet potatoes and capsicum and slice carrot (see notes). Toss on a lined oven tray with **1 tsp smoked paprika, oil, salt and pepper**. Cook for 15–20 minutes or until till tender.



5. FINISH AND SERVE

Arrange rice, beans and roasted vegetables in bowls. Top with rocket and drizzle with Green Goddess dressing to taste.



3. FRY THE BEANS

Heat a frypan over medium–high heat with **oil**. Slice spring onions (keep the green tops), and add to pan along with **1 tsp cumin** and **1 tsp smoked paprika**. Cook for 1–2 minutes then add drained beans. Cook for a further 5 minutes. Season to taste with **salt and pepper**.

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

