



### Product Spotlight: Black Beans

Black beans can be cooked several ways without losing much of their nutritional value, even when exposed to high temperatures.



## Loaded Patatas Bravas with Creamy Ranch Dressing

Paprika roasted potatoes, topped with black bean salad and a beautiful light and creamy vegan ranch dressing from GH Produce.



30 minutes



4 servings



Plant-Based

22 September 2023

## Keep it separate!

*Instead of tossing the salad together, serve it bowl style. Use the kale as a base and add each ingredient to taste. Finish with the dressing and a squeeze of lime.*

Per serve: **PROTEIN** 16g **TOTAL FAT** 29g **CARBOHYDRATES** 82g

## FROM YOUR BOX

SWEET POTATOES	800g
RED ONION	1
LEMON	1
KALE	1 bunch
CORN COBS	2
TOMATOES	2
AVOCADOS	2
TINNED BLACK BEANS	400g
RANCH DRESSING	1 jar

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, dried oregano, maple syrup

## KEY UTENSILS

oven tray

## NOTES

If you would like the salad to be warmer, add the beans and corn kernels to a frypan with oil. Toss for 3–5 minutes until heated through.



### 1. ROAST THE POTATOES

Set oven to 220°C.

Dice sweet potatoes and slice onion. Toss together on a lined oven tray with **1 tbsp smoked paprika, 1/2 tbsp oregano, oil, salt and pepper**. Roast for 20–25 minutes until cooked through.



### 2. MAKE THE DRESSING

Zest the whole lemon and juice 1/2 (wedge remaining). Whisk together with **3 tbsp olive oil, 1 tsp maple syrup, 1 tsp oregano, salt and pepper**.



### 3. MASSAGE THE KALE

Wash and thinly slice kale leaves. Place into a large bowl with the dressing. Use your hands to scrunch the leaves until soft and tender.



### 4. FINISH THE SALAD

Remove corn kernels from cobs, dice tomatoes and avocados. Drain and rinse beans (see notes). Add to bowl with scrunched kale and mix well. Season to taste with **salt and pepper**.



### 5. FINISH AND SERVE

Serve potatoes into bowls, top with salad and a dollop of ranch dressing. Serve with lemon wedges.



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