



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Black Beans

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



## L2 Sweet Potato and Black Beans Fajitas

A one-tray wonder! Sweet potato and black bean fajitas served with salsa, fresh avocado, lettuce and Heavenly Nacho dip for everyone to make their tortillas as they please.



25 minutes



2 servings



Vegetarian

25 November 2022

### Switch it up!

*Instead of roasting the beans and veg, cook them on the stovetop with some tomato paste or tinned tomatoes until tender.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	44g	154g

## FROM YOUR BOX

TINNED BLACK BEANS	400g
SWEET POTATO	400g
GREEN CAPSICUM	1
TOMATO	1
LEBANESE CUCUMBER	1
AVOCADO	1
BABY COS LETTUCE	1
TORTILLA WRAPS	8-pack
HEAVENLY NACHO DIP	1 tub

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, red wine vinegar, ground coriander

## KEY UTENSILS

oven tray

## NOTES

Add avocado to salsa if desired. Alternatively, make smashed avocado.

**No gluten option** – tortilla wraps are replaced with **corn tortillas**. Follow packet instructions to warm the tortillas.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Drain and rinse black beans. Dice sweet potato and capsicum. Toss on a lined oven tray along with **oil, 2 tsp smoked paprika, 2 tsp coriander, salt and pepper**. Roast for 20 minutes until vegetables are tender.



### 4. WARM THE WRAPS

Optional: Warm tortillas in a dry frypan according to packet instructions. Wrap tortillas in a clean and dry tea towel to keep them warm until serving.



### 2. MAKE THE SALSA

Dice tomato and cucumber. Add to a bowl along with **2 tsp vinegar, 1 tsp olive oil, salt and pepper**. Stir to combine (see notes).



### 3. PREPARE FRESH ELEMENTS

Slice avocado and lettuce. Add to a serving platter.



### 5. FINISH AND SERVE

Add all of the elements to the platter along with Heavenly Nacho dip. Serve tableside.

**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**

