



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Black Beans

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



L4 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



4 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
	21g	24g	93g

FROM YOUR BOX

TINNED BLACK BEANS	400g
SWEET POTATO	400g
GREEN CAPSICUM	1
RED ONION	1
TOMATOES	2
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, capsicum and onion. Toss on a lined oven tray along with **oil, 3 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 tomatoes and cucumber. Add to a bowl along with **1 tbsp vinegar, 1/2 tbsp 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**

