

**Product Spotlight:  
Beans**

Chock-full of protein and great for your bowel, beans are also very filling!



## Chipotle Beans with Sweet Potato

Mexican bean hotpot flavoured with our delicious custom chipotle spice mix and served topped with creamy avocado, a dollop of coconut yoghurt and crunchy tortilla strips.



35 minutes



2 servings



Plant-Based

## Make Nachos!

*Serve the spiced beans on tortilla strips with melted cheese of choice (or just yoghurt!) for a quick nacho dinner. Top with diced or mashed avocado.*

|            |                |                  |                      |
|------------|----------------|------------------|----------------------|
| Per serve: | <b>PROTEIN</b> | <b>TOTAL FAT</b> | <b>CARBOHYDRATES</b> |
|            | 28g            | 32g              | 122g                 |

## FROM YOUR BOX

|                    |          |
|--------------------|----------|
| SPRING ONIONS      | 1 bunch  |
| YELLOW CAPSICUM    | 1        |
| SWEET POTATO       | 400g     |
| TOMATO             | 1        |
| CHIPOTLE SPICE MIX | 1 packet |
| TINNED MIXED BEANS | 400g     |
| TOMATO SUGO        | 1 jar    |
| AVOCADO            | 1        |
| COCONUT YOGHURT    | 120g     |
| TORTILLA STRIPS    | 1 bag    |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 vegetable stock cube, white wine vinegar

## KEY UTENSILS

large frypan or saucepan with lid

## NOTES

The chipotle spice mix has a mild to hot spice level, for a milder heat, add 1/3 – 1/2 packet.

You can add lime zest and juice to the coconut yoghurt, or cumin seeds/ground cumin.

*Chipotle spice mix ingredients: smoked paprika, brown sugar, dried oregano, ground Chipotle, garlic, ground coriander and ground cumin.*



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### 1. PREPARE THE INGREDIENTS

Slice **spring onions** (reserve some tops for garnish). Dice **capsicum**, **sweet potato** (2–3cm) and **tomatoes**.



### 2. SAUTÉ THE VEGETABLES

Heat a large saucepan or frypan over medium heat with **oil**. Add to pan as you go and stir in **chipotle spice mix** (see notes).



### 3. SIMMER THE BEANS

Drain and add **beans**. Stir in **tomato sugo** and **3/4 cup water**. Crumble in **stock cube**. Semi cover and simmer for 15–20 minutes or until sweet potato is tender. Stir occasionally.



### 4. PREPARE THE TOPPINGS

Slice **avocado**. Combine **coconut yoghurt** with **1/2 tbsp vinegar**, **salt and pepper** (see notes).



### 5. FINISH AND SERVE

Season beans with **1/2 tbsp vinegar**, and **salt and pepper** to taste.

Divide chipotle beans among bowls. Garnish with avocado, reserved spring onion tops and a dollop of coconut yoghurt. Serve with **tortilla strips**.

**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**

