



Product Spotlight: White Sweet Potato


White sweet potato have a creamy white flesh and a slightly sweeter taste compared to the standard orange sweet potato. They are rich in vitamins, minerals, and fibre, making them a nutritious addition to your diet.




Roasted Sweet Potato Chilli

with Beans

Roasted white sweet potatoes gives this chilli a delicious sweetness which is balanced out with warm spices and beans for protein. Served topped with a chunky lime guacamole and some extra chilli.

 35 minutes

 2 servings

 Plant-Based

Bulk it up

Serve this chilli with basmati or brown rice, tortillas or some crunchy corn chips if you like!

Per serve: **PROTEIN** 23g **TOTAL FAT** 14g **CARBOHYDRATES** 98g

FROM YOUR BOX

WHITE SWEET POTATO	400g
RED ONION	1
YELLOW CAPSICUM	1
RED CHILLI	1
TINNED MIXED BEANS	400g
TOMATO PASSATA	700ml
LIME	1
AVOCADO	1

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, large pan with lid

NOTES

Use chilli to taste in the stew, or reserve all for garnish!

If you have a pre-made Mexican spice mix at home, you can use that for this recipe.



1. ROAST THE SWEET POTATO

Set oven to 220°C.

Roughly chop **sweet potato** (3cm chunks) and toss on an oven tray with **oil**, **1/2 tsp cumin**, **1/2 tsp smoked paprika**, **1/4 tsp cinnamon**, **salt** and **pepper**. Roast for 20 minutes or until golden and tender.



4. SIMMER THE CHILLI

Stir in **beans including the liquid** along with **tomato passata**. Simmer, covered, for 15 minutes, add a little **water** if needed.



2. PREPARE THE VEGETABLES

Finely dice **red onion** and reserve 1 tbsp for step 5. Slice **capsicum** and **1/2 chilli** (see notes).



3. SAUTÉ THE VEGETABLES

Heat **oil** in a large pan. Add **prepared vegetables** and cook for 3-4 minutes or until softened. Season with **1/2 tsp cinnamon**, **2 tsp cumin** and **1 tsp smoked paprika** (see notes).



5. MAKE THE GUACAMOLE

In the meantime, **zest lime** to yield 1 tsp. Mash **avocado** and stir through reserved **red onion**, **lime zest**, **juice from 1/2 lime**, **1/2 tbsp olive oil**, **salt** and **pepper** to taste.



6. FINISH AND SERVE

Cut remaining **lime** into wedges and add the **sweet potatoes** to the chili. Adjust seasoning to taste with **salt** and **pepper**.

Serve in shallow bowls and top with a dollop of **guacamole**, a **lime wedge** and any **reserved sliced chilli**.



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