

**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



4 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	TOTAL FAT	CARBOHYDRATES
	37g	17g	74g

## FROM YOUR BOX

WHITE SWEET POTATO	800g
RED ONION	1
RED CAPSICUM	1
YELLOW CAPSICUM	1
RED CHILLI	1
TINNED BEANS	2 x 400g
TOMATO PASSATA	700ml
LIME	1
TOMATO	1
AVOCADOS	2

## FROM YOUR PANTRY

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

## KEY UTENSILS

oven tray, large pan with lid

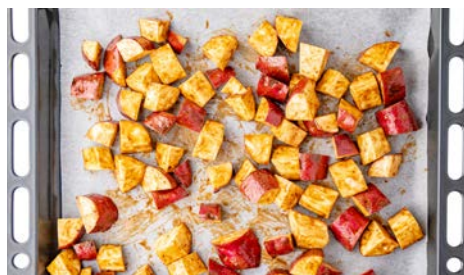
## NOTES

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.



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### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Roughly chop sweet potato (3cm chunks) and toss with **oil**, **1/2 tsp cumin**, **1/2 tsp smoked paprika**, **1/2 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 **1/2 cup water** and tomato passata. Simmer, covered, for 15 minutes.



### 2. PREPARE THE VEGETABLES

Dice 3/4 red onion (reserve remaining), slice capsicums and **1/2 chilli** (see notes).



### 5. MAKE THE GUACAMOLE

In the meantime, zest the lime and finely dice reserved red onion and tomato. Mash avocados and stir through onion, tomato and lime zest along with **1 tbsp olive oil**, juice from **1/2 lime**, **salt** and **pepper** to taste.



### 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 tsp cinnamon**, **1 tbsp cumin** and **1 tsp smoked paprika** (see notes).



### 6. FINISH AND SERVE

Cut remaining lime into wedges and add the sweet potatoes to the chilli. 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.

**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**

