

**Product Spotlight:
White Sweet Potato**

White sweet potatoes 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

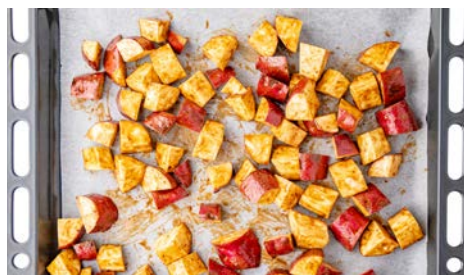
NOTES

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).



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).



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.



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.

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