



### 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



4/6 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
4/6 Person:	21g/17g	13g	87g/82g

## FROM YOUR BOX

	4 PERSON	6 PERSON
WHITE SWEET POTATO	800g	800g + 400g
RED ONION	1	1
RED CAPSICUM	1	1
YELLOW CAPSICUM	1	2
RED CHILLI	1	1
TINNED MIXED BEANS	2 x 400g	2 x 400g
TOMATO PASSATA	700ml	2 x 700ml
LIME	1	2
TOMATO	1	2
AVOCADOS	2	3

## FROM YOUR PANTRY

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

## KEY UTENSILS

oven tray, large pan with lid

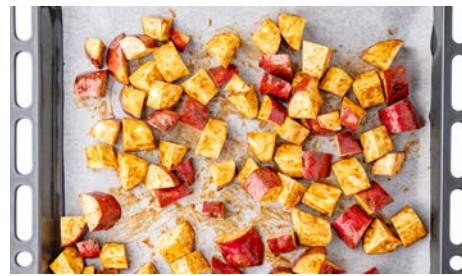
## NOTES

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 tsp cumin**, **1 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 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.

6P - use juice from 1 lime.



## 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 **1/2 tbsp smoked paprika** (see notes).

6P - season with **1 1/2 tsp cinnamon**, **1 1/2 tbsp cumin** and **1 tbsp smoked paprika**.



## 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

