



Product Spotlight: Totopos Chips

La Tortilleria's totopos chips are gluten-free, without any nasty preservatives or additives. They only have three ingredients and taste as real tortilla chips should.



Mexibean Chilli with Totopos Chips

A nourishing bowl of Mexican bean and sweet potato chilli simmered with cumin and cinnamon, served with lime guacamole and crunchy totopos corn chips.



30 minutes



2 servings



Plant-Based

Add some toppings!

Add pickled jalapeños, fresh coriander or some yoghurt to finish this dish!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	44g	132g

FROM YOUR BOX

SPRING ONIONS	1 bunch
GREEN CAPSICUM	1
SWEET POTATO	400g
TINNED MIXED BEANS	400g
CHOPPED TOMATOES	400g
AVOCADO	1
LIME	1
CORN COB	1
TOTOPOS CHIPS	1 bag

FROM YOUR PANTRY

oil for cooking, ground cumin, ground chilli (optional), ground cinnamon

KEY UTENSILS

large frypan with lid

NOTES

Leave out the chilli if you prefer a milder dish. For an extra flavour boost, add some smoked paprika and crushed garlic to the sauce.



1. PREPARE THE VEGETABLES

Slice spring onions (reserve some tops for garnish). Dice capsicum and sweet potato (1cm).



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Add prepared vegetables along with **1 1/2 tbsp cumin**, **1 tsp cinnamon** and **1/4 tsp chilli** (see notes). Cook stirring for 5 minutes until fragrant.



3. SIMMER THE BEANS

Drain and add beans along with chopped tomatoes and **2 cups water**. Cover and simmer for 15-20 minutes until sweet potato is tender.



4. PREPARE THE TOPPINGS

Meanwhile, mash avocado with zest and juice from 1/2 lime (wedge remaining). Remove corn from cob. Set aside.



5. FINISH AND SERVE

Divide bean chili among bowls. Top with avocado, corn and spring onion tops. Serve with totopos chips and lime wedges.



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