

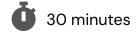




# **Mexibean Chilli**

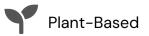
# with Totopos Chips

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





2 servings



# Add some toppings!

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

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

26g 44

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



