



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
	22g	39g	92g

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** (1-2cm).



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**.



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