

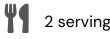


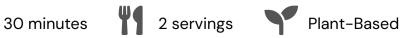


Spicy Tex Mex Bowl

Sweet potatoes, capsicum and beans roasted in a custom spice mix, served with charred corn, fresh avocado, rocket leaves and a plant-based lime zest and cajun spice mayo!







BBQ it!

Get outside! Take the sweet potatoes, onion, capsicum and corn to the BBQ to cook. Warm the beans in a frypan.

PROTEIN TOTAL FAT CARBOHYDRATES

28g

24g

100g

FROM YOUR BOX

| SWEET POTATOES | 400g |
|------------------|----------|
| SHALLOT | 1 |
| RED CAPSICUM | 1 |
| TINNED BEANS | 400g |
| CAJUN SPICE MIX | 1 packet |
| LIME | 1 |
| VEGAN MAYONNAISE | 1 packet |
| CORN COB | 1 |
| AVOCADO | 1 |
| CORIANDER | 1 packet |
| ROCKET LEAVES | 60g |
| | |

FROM YOUR PANTRY

oil for cooking, salt, pepper, cayenne pepper (optional)

KEY UTENSILS

oven tray, frypan

NOTES

Cayenne pepper can be quite spicy. Add a pinch first and then add more to taste.

Cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt.





1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop sweet potatoes. Wedge shallot. Slice capsicum. Drain and rinse beans. Toss on a lined oven tray. Reserve 1 tsp spice mix, add remaining to vegetables along with oil, salt and pepper. Roast for 20 minutes until vegetables are tender.



2. PREPARE THE SAUCE

Add reserved **spice mix** to a bowl along with **lime** zest, juice from 1/2 lime (wedge remaining), **mayonnaise** and **1 tbsp water**. Add a pinch of **cayenne pepper** to taste (see notes). Mix to combine.



3. CHAR THE CORN

Heat a frypan over medium-high heat with **oil**. Remove **corn** kernels from cob. Cook in frypan over medium-high heat for 3-4 minutes, or until charred.



4. PREPARE FRESH ELEMENTS

Slice **avocado**. Finely chop **coriander** stems and pick leaves. Set aside with lime wedges.



5. FINISH AND SERVE

Divide roasted vegetables among shallow bowls. Top with charred corn, fresh elements and **rocket leaves**. Drizzle over sauce and serve with lime wedges.





