



Product Spotlight: Purple Sweet Potato



Purple-fleshed sweet potato is slightly sweeter than the regular variety but boasts all the health benefits including beta-carotene and anthocyanin, which have been linked to a reduced risk of heart disease, brain and eye health and a strong immune system.

Argentinian Bean Sweet Potato with Chimichurri

Super-food purple sweet potatoes, roasted until tender, topped with cooked Argentinian black beans, toasted mixed seeds and chimichurri sauce.



35 minutes



4 servings



Plant-Based

Switch it up!

Cut the purple sweet potato into wedges, roast until tender and crispy and turn into loaded wedges.

Per serve: **PROTEIN** 31g **TOTAL FAT** 12g **CARBOHYDRATES** 147g

FROM YOUR BOX

PURPLE SWEET POTATOES	1kg
SPRING ONIONS	1 bunch
CORIANDER	1 packet
RED CAPSICUM	1
CORN COBS	2
BLACK BEANS	2x 400g
GARLIC CLOVES	2
RED CHILLI	1
SUNFLOWER SEED + PEPITA MIX	1 packet
TOMATO PASTE	1 sachet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, ground paprika, ground cumin

KEY UTENSILS

large frypan, oven tray

NOTES

Remove seeds from chilli for a milder heat level, or omit from chimichurri and use to garnish.



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1. ROAST THE POTATOES

Set oven to 220°C.

Halve sweet potatoes. Place, cut side down, on a lined oven tray. Drizzle with **oil** and season with **2 tsp cumin, salt and pepper**. Roast for 25–30 minutes until tender.



4. MAKE THE CHIMICHURRI

Add 1/2 spring onion green tops (reserve remaining for garnish), coriander, garlic, 1/2 chilli, **1/4 cup olive oil**, **1/4 cup vinegar**, **salt and pepper** to a bowl. Mix to combine



2. PREPARE THE INGREDIENTS

Thinly slice spring onions (set aside green tops) and coriander. Dice capsicum. Remove corn kernels from cob. Drain and rinse beans and crush garlic. Thinly slice chilli (see notes).



5. COOK THE BEAN FILLING

Add **oil** to pan along with spring onions, capsicum and corn. Cook, stirring for 5 minutes. Add **1 tbsp paprika**, tomato paste, beans and **1/2 cup water**. Cook, semi-covered, for 5 minutes. Season to taste with **salt and pepper**.



3. TOAST THE SEEDS

Heat a large frypan over medium-high heat. Add seed mix and toast for 3–4 minutes until golden. Remove from pan and keep pan over heat.



6. FINISH AND SERVE

Serve potatoes cut-side up on plates. Use a fork to press down the centre of the potatoes. Spoon in filling. Drizzle over chimichurri. Top with toasted seeds and garnish with reserved spring onion green tops and chilli.

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