

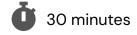




# **Mexibean Chilli**

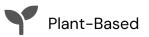
# with Totopos Chips

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





4 servings



# Add some toppings!

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

TOTAL FAT CARBOHYDRATES

20g

118g

## **FROM YOUR BOX**

SPRING ONIONS	1 bunch
GREEN CAPSICUM	1
RED CAPSICUM	1
SWEET POTATO	400g
TINNED MIXED BEANS	2 x 400g
TOMATO PASSATA	1 jar
TOMATO PASSATA  AVOCADOS	1 jar 2
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AVOCADOS	2
AVOCADOS LIME	2

#### FROM YOUR PANTRY

oil for cooking, ground cumin, chilli flakes (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 capsicums and sweet potato (1cm).



# 2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with oil. Add prepared vegetables along with 3 tbsp cumin, 2 tsp cinnamon and 1/2 tsp chilli (see notes). Cook, stirring, for 5 minutes until fragrant.



### 3. SIMMER THE BEANS

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



# 4. PREPARE THE TOPPINGS

Meanwhile, mash avocados 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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