

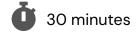




Mexibean Chilli

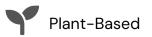
with Totopos Chips

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

22g

78g

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
	•
AVOCADOS	2
AVOCADOS	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** (1-2cm).



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

power medium-high 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 <u>1/2 lime</u> (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.

