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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Fine Foods WA

Your vegan mayo comes from Fine Foods WA, who make time-saving sauces and dressings for busy families. And it is made right here in WA!

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W A

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 zesty spiced mayo.

30 minutes | 4/6 servings | Plant-Based

BBQ it!

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

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	16g/13g	48g/35g	82g/71g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
RED ONION	1	1
RED CAPSICUM	1	2
TINNED BLACK BEANS	2 x 400g	2 x 400g
MEXICAN SPICE MIX	1 packet	1 packet
LIME	1	2
VEGAN MAYONNAISE	2 sachets	2 sachets
CORN COBS	2	3
AVOCADOS	2	3
CORIANDER	1 packet	1 packet
ROCKET LEAVES	120g	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven tray, large frypan

NOTES

Use spice mix to taste for a milder heat level.

Mexican spice mix: smoked paprika, ground cumin and dried oregano.

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1. ROAST THE VEGETABLES

Set oven to 220°C.

Chop **sweet potatoes,** wedge **red onion,** slice **capsicum** and rinse **beans**. Toss on a lined tray with **oil, salt, pepper**, and **all but 2 tsp spice mix** (see notes). Roast 20 minutes until tender.



2. PREPARE THE SAUCE

Add **reserved spice mix** to a bowl along with **lime zest**, **juice from 1/2 lime**, **vegan mayonnaise** and **1 tbsp water**. Mix to combine and set aside in the fridge until serving.



3. CHAR THE CORN

Heat a large frypan over medium-high heat with **oil**. Remove **corn kernels** from **cobs**. Cook in frypan over medium-high heat for 4-5 minutes, or until charred.



4. PREPARE FRESH ELEMENTS

Slice **avocados and wedge remaining lime**. Finely chop **coriander stems** and pick **leaves**.



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.**

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