



Product Spotlight: Corn

Corn falls into two food categories!
Fresh sweet corn kernels are vegetables, but if you dry them and make popcorn, they are a grain!



Chipotle Bean Stuffed Sweet Potatoes

Roasted sweet potatoes stuffed with mixed chipotle beans and corn kernels, served with a zingy lime avocado, shallot, tomato and coriander salsa.



30 minutes



2 servings



Plant-Based

Switch it up!

You can transform this dish into loaded wedges or sweet potato nachos. For a heartier dish, dice sweet potatoes and simmer with beans, tomatoes and chipotle spice mix. Serve on a bed of rice.

Per serve: **PROTEIN** 17g **TOTAL FAT** 15g **CARBOHYDRATES** 65g

FROM YOUR BOX

SWEET POTATOES	1kg
CORN COB	1
TINNED MIXED BEANS	400g
CHIPOTLE SPICE MIX	1 tub
TINNED CHOPPED TOMATOES	400g
SHALLOT	1
AVOCADO	1
TOMATO	1
CORIANDER	1 packet
LIME	1



1. ROAST SWEET POTATOES

Set oven to 220°C.

Halve **sweet potatoes** lengthways (see notes). Add to a lined oven tray and coat with **oil, salt and pepper**. Roast for 20–25 mins until tender.



2. SIMMER THE BEANS

Remove **corn kernels** from **cob**. Drain **beans**. Add to a frypan over medium–high heat with **oil**. Stir in **chipotle spice mix** for 1 minute until fragrant. Stir through **chopped tomatoes** and simmer for 5 minutes. Season with **salt and pepper**.



3. PREPARE THE SALSA

Finely dice **shallot** (use to taste). Dice **avocado** and **tomato**. Chop **coriander** (reserve leaves for garnish). Toss all together with **lime zest, 1/2 lime juice** (wedge remaining) and **1 tbsp olive oil**. Season with **salt and pepper**.

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven tray, large frypan

NOTES

Use sweet potatoes to taste. If you have smaller sweet potatoes you can slice them into rounds to make nachos or cut into wedges and spoon the filling on top instead.

Chipotle spice mix ingredients: smoked paprika, brown sugar, dried oregano, ground Chipotle, garlic, ground coriander and ground cumin.



4. FINISH AND SERVE

Serve **potatoes** cut-side up on plates. Use a fork to press down the centre of the **potatoes**. Spoon in **chipotle beans**. Top with **avocado salsa**. Serve with **lime wedges** and **coriander leaves**.



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