



### Product Spotlight: Black Beans

Black beans can be cooked several ways without losing much of their nutritional value, even when exposed to high temperatures.



## Loaded Patatas Bravas with Creamy Ranch Dressing

Paprika roasted potatoes, topped with black bean salad and a beautiful light and creamy vegan ranch dressing from GH Produce.



30 minutes



2 servings



Plant-Based

## Keep it separate!

*Instead of tossing the salad together, serve it bowl style. Use the kale as a base and add each ingredient to taste. Finish with the dressing and a squeeze of lime.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	34g	103g

## FROM YOUR BOX

SWEET POTATOES	400g
SHALLOT	1
LEMON	1
KALE	3 leaves
CORN COB	1
TOMATO	1
AVOCADO	1
TINNED BLACK BEANS	400g
RANCH DRESSING	1 jar

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, dried oregano, maple syrup

## KEY UTENSILS

oven tray

## NOTES

If you would like the salad to be warmer, add the beans and corn kernels to a frypan with oil. Toss for 3-5 minutes until heated through.



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### 1. ROAST THE POTATOES

Set oven to 220°C.

Dice **sweet potatoes** and slice **shallot**. Toss together on a lined oven tray with **2 tsp smoked paprika, 1 tsp oregano, oil, salt and pepper**. Roast for 20-25 minutes until golden and crispy.



### 4. FINISH THE SALAD

Remove **corn** kernels from cob, dice **tomato** and **avocado**. Drain and rinse **beans** (see notes). Add to bowl with scrunched kale and mix well. Season to taste with **salt and pepper**.



### 2. MAKE THE DRESSING

Zest and juice 1/2 **lemon** (wedge remaining). Whisk together with **2 tbsp olive oil, 1/2 tsp maple syrup, 1/2 tsp oregano, salt and pepper**.



### 5. FINISH AND SERVE

Serve potatoes into bowls, top with salad and a dollop of **ranch dressing**. Serve with lemon wedges.



### 3. MASSAGE THE KALE

Wash and thinly slice **kale** leaves. Place into a large bowl with the dressing. Use your hands to scrunch the leaves until soft and tender.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

