



Product Spotlight: Purple Sweet Potato



Purple-fleshed sweet potato is slightly sweeter than the regular variety but boasts all the health benefits including beta-carotene and anthocyanin, which have been linked to a reduced risk of heart disease, brain and eye health and a strong immune system.

Argentinian Bean Sweet Potato with Chimichurri

Super-food purple sweet potatoes, roasted until tender, topped with cooked Argentinian black beans, toasted mixed seeds and chimichurri sauce.



35 minutes



4 servings



Plant-Based

Switch it up!

Cut the purple sweet potato into wedges, roast until tender and crispy and turn into loaded wedges.

Per serve: **PROTEIN** 20g **TOTAL FAT** 30g **CARBOHYDRATES** 80g

FROM YOUR BOX

PURPLE SWEET POTATOES	1kg
SPRING ONIONS	1 bunch
CORIANDER	1 packet
RED CAPSICUM	1
CORN COBS	2
BLACK BEANS	2 x 400g
GARLIC CLOVES	2
RED CHILLI	1
SUNFLOWER SEED + PEPITA MIX	1 packet
TOMATO PASTE	1 sachet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, ground paprika, ground cumin

KEY UTENSILS

large frypan, oven tray

NOTES

Remove seeds from chilli for a milder heat level, or omit from chimichurri and use to garnish.



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1. ROAST THE POTATOES

Set oven to 220°C.

Halve **sweet potatoes**. Place, cut side down, on a lined oven tray. Drizzle with **oil** and season with **2 tsp cumin, salt and pepper**. Roast for 25–30 minutes until tender.



4. TOAST THE SEEDS

Heat a large frypan over medium-high heat. Add **seed mix** and toast for 3–4 minutes until golden. Remove from pan and keep pan over heat.



2. PREPARE THE INGREDIENTS

Thinly slice **spring onions** (separate green tops) and **coriander**. Dice **capsicum**. Remove **corn kernels** from cob. Drain and rinse **black beans** and crush **garlic**. Thinly slice **chilli** (see notes). Keep separate.



5. COOK THE BEAN FILLING

Add **oil** to pan along with **spring onions, capsicum** and **corn**. Cook, stirring for 5 minutes. Add **1 tbsp paprika, tomato paste, beans** and **1/2 cup water**. Cook, semi-covered, for 5 minutes. Season to taste with **salt and pepper**.



3. MAKE THE CHIMICHURRI

Add **1/2 spring onion green tops** (reserve remaining for garnish), **coriander, garlic, 1/2 chilli, 1/4 cup olive oil, 1/4 cup vinegar, salt and pepper** to a bowl. Mix to combine



6. FINISH AND SERVE

Serve **potatoes** cut-side up on plates. Use a fork to press down the centre of the potatoes. Spoon in filling. Drizzle over **chimichurri**. Top with **toasted seed mix** and garnish with reserved **spring onion green tops** and **chilli**.

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