



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.



35 minutes



Plant-Based



4/6 servings

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
	18g	25g	87g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
RED ONION	1	2
LIME	1	2
KALE	1 bunch	1 bunch
CORN COBS	2	3
TOMATOES	2	3
AVOCADOS	2	3
TINNED BLACK BEANS	2 x 400g	2 x 400g
RANCH DRESSING	1 jar	2 jars

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.



Scan the QR code to
submit a Google review!



1. ROAST THE POTATOES

Set oven to 220°C.

Dice **sweet potatoes** and wedge **red onion**. Toss together on a lined oven tray with **1 tbsp smoked paprika**, **1/2 tbsp oregano**, **oil**, **salt** and **pepper**. Roast for 20–25 minutes until cooked through.

6P – toss veggies with **2 tbsp smoked paprika** and **1 tbsp oregano**.



4. FINISH THE SALAD

Remove **corn kernels** from **cobs**, dice **tomatoes** and **avocados**. 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 the whole lime and **juice 1/2** (wedge remaining). Whisk together with **3 tbsp olive oil**, **1 tsp maple syrup**, **1 tsp oregano**, **salt** and **pepper**.

6P – Zest and juice **1 lime**. Whisk together with **4 tbsp olive oil**, **1 1/2 tsp maple syrup**, **1 tsp oregano**, **salt** and **pepper**.



5. FINISH AND SERVE

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

6P – wedge remaining **1 lime** for serving.



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**

