




**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

 4 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
	16g	29g	82g

## FROM YOUR BOX

SWEET POTATOES	800g
RED ONION	1
LEMON	1
KALE	1 bunch
CORN COBS	2
TOMATOES	2
AVOCADOS	2
TINNED BLACK BEANS	2 x 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 **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.



### 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 **lemon** and juice 1/2 (wedge remaining). Whisk together with **3 tbsp olive oil, 1 tsp maple syrup, 1 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**

