



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Jalapeño

Cut the jalapeño in half lengthways and scrape out the seeds with a spoon if you prefer less heat!



Loaded Mexican Nacho Wedges

Spiced sweet potato wedges loaded with a delicious black bean and corn salsa, finished with fresh avocado, jalapeño and coriander.



30 minutes



4/6 servings



Plant-Based

Make guacamole!

You can mash the avocado with lime to make guacamole for this dish!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	17g	12g	76g/97g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	1.2kg	1.5kg
RED ONION	1	1
CORN COBS	2	3
TINNED BLACK BEANS	400g	2 x 400g
SALSA	1 jar	2 jars
COCONUT YOGHURT	1 tub	1 tub
LIME	1	1
AVOCADO	1	2
JALAPENO	1	1
CORIANDER	1 packet	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin

KEY UTENSILS

oven tray, frypan

NOTES

You can use ground coriander instead of ground cumin if preferred.



1. ROAST THE SWEET POTATO

Set oven to 250°C.

Cut **sweet potatoes** into wedges and toss on a lined oven tray with **2-3 tsp smoked paprika, oil, salt and pepper**. Roast for 20-25 minutes until cooked through.



4. MAKE THE LIME YOGHURT

Combine **coconut yoghurt** with **lime zest**. Season with **salt and pepper** to taste.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Dice **onion** (set 1/4 cup aside for garnish) and remove **corn kernels** from cobs. Add to pan along with **1 tbsp cumin** (see notes). Cook for 3-4 minutes until softened.



5. PREPARE THE TOPPINGS

Slice **avocado** and **jalapeño**. Roughly chop **coriander** and **wedge lime**.



3. SIMMER THE BEANS

Drain and add **black beans** to pan along with **1/2 jar salsa**. Cook for 5 minutes. Season with **salt and pepper** to taste.

6P – drain and add black beans to pan along with 1 jar salsa.



6. FINISH AND SERVE

Remove tray of **sweet potatoes** from oven, cover with **black bean topping**. Dollop with **lime yoghurt** and **remaining salsa**. Scatter fresh **toppings** on top and serve with **lime wedges**.



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