




Product Spotlight: Sweet Potatoes


Sweet potato is high in fibre, very filling and has a delicious sweet taste. Full of vitamin A and potassium, it packs a powerful nutritional punch!



3 Corn & Bean Loaded Potatoes

Mixed roast potatoes loaded with organic baked beans and veggies, served with salsa.

 35 mins

 2 servings

 Plant-Based

10 September 2021

Stuff it!

Instead of making loaded potatoes, you could make stuffed potato boats. Cut potatoes in half, roast until tender, then stuff them with the prepared ingredients.

Per serve: **PROTEIN** 22g **TOTAL FAT** 23g **CARBOHYDRATES** 115g

FROM YOUR BOX

SWEET POTATO	400g
MEDIUM POTATO	1
CORN COB	1
GREEN CAPSICUM	1/2 *
TOMATO	1
AVOCADO	1
SPRING ONIONS	1/3 bunch *
TINNED BAKED BEANS	400g
COCONUT YOGHURT	1/2 tub *
SHICHIMI TOGARASHI	1/4 tsp *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, vinegar (of choice), ground turmeric

KEY UTENSILS

frypan, oven tray

NOTES

If you don't like spice, omit the shichimi togarashi from the spiced yoghurt. We used white vinegar in this recipe.



1. ROAST THE POTATOES

Set oven to 220°C.

Cut potatoes into rounds (1/2 cm). Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes or until golden and tender.



2. CHAR THE CORN

Heat a frypan over medium-high heat with **oil**. Cut the kernels from the corn. Add to pan and cook, stirring, for 5-8 minutes until charred. Remove to a bowl, keep frypan on heat.



3. PREPARE THE SALSA

Dice capsicum, tomato and avocado. Mix together. Season with **salt and pepper**.



4. COOK THE BEANS

Thickly slice spring onions (reserve some green tops for garnish). Add to frypan with **oil and 1 tsp turmeric**. Cook for 1-2 minutes. Add beans and cook, stirring, for 2-3 minutes. Season with **salt and pepper**.



5. PREPARE THE YOGHURT

Mix coconut yoghurt with 1/4 tsp shichimi togarashi (see notes), **1 tsp vinegar, 1/2 tbsp olive oil, salt and pepper**.



6. FINISH AND SERVE

Make a platter layering potatoes, beans, corn, salsa and drizzle over spiced yoghurt. Take platter to the table for everyone to serve themselves.

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**

