



Product Spotlight: Avocado

Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact they are high in good fats which can actually help lower cholesterol!



1 Loaded Sweet Potato Nachos with Pineapple Salsa

A fun twist on your typical nachos! Roast sweet potato chips topped with crumbled So Freo Veggie Paté, finished with avocado cream and a tropical pineapple salsa.

 30 minutes

 2 servings

 Plant-Based

16 November 2020

Spice it up!

Add some pickled jalapeños or sliced red chillies for some heat. You can also toss the sweet potatoes with some ground cumin or smoked paprika for extra flavour.

Per serve: **PROTEIN** 18g **TOTAL FAT** 26g **CARBOHYDRATES** 106g

FROM YOUR BOX

SWEET POTATOES	500g
CORN COB	1
SPRING ONIONS	2 *
RED CAPSICUM	1/2 *
PINEAPPLE PIECES	1 tin (225g)
MINT	1/2 bunch *
LIME	1
AVOCADO	1
VEGGIE PATÉ	3/4 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

oven tray, stick mixer or blender (optional)

NOTES

If you don't have a stick mixer you can mash the avocado into a guacamole instead. Leave out the water if making a guacamole.



1. COOK THE SWEET POTATO

Set oven to 220°C.

Slice sweet potatoes (1.5cm thick) and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until cooked through.



2. ROAST THE CORN

Cut corn into cobs. Coat with **oil, salt and pepper**. Roast on a lined oven tray (or same tray as sweet potato if it fits) for 15 minutes.



3. MAKE THE SALSA

Slice spring onions and dice capsicum. Drain pineapple. Slice mint leaves. Toss together with lime zest. Set aside.



4. MAKE AVOCADO CREAM

Blend avocado with 1/2 the lime juice (wedge remaining) and **1/4 cup water** (see notes). Season with **salt and pepper**.



5. FINISH AND PLATE

Layer the sweet potatoes among plates. Top with crumbled veggie paté to taste. Drizzle with avocado cream and scatter with salsa. Serve with a side of corn and lime wedge.

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

