




### 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 cobettes. 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](mailto:hello@dinnertwist.com.au)

