




Product Spotlight: Sweet Corn

Corn is a special food, falling into not just one food category but two. The kernels are classified as a vegetable, but if you dry and pop them into popcorn they are considered a grain!



2 Mexican Stuffed Sweet Potatoes with Salsa

Sweet potato boats stuffed with spiced tomato beans and topped with a fresh corn salsa. Finished with a dollop of creamy guacamole.

 35 minutes

 2 servings

 Plant-Based

5 October 2020

Spice it up!

Add some smoked paprika or ground cayenne pepper to the beans as they cook. Or if you have a pre-made Mexican spice mix you can use that to season the beans instead of the cumin.

Per serve: **PROTEIN** 20g **TOTAL FAT** 23g **CARBOHYDRATES** 99g

FROM YOUR BOX

SWEET POTATOES	500g
RED CAPSICUM	1/2 *
RADISHES	1/2 bunch *
CORN COB	1
OREGANO	1/2 packet *
AVOCADO	1
LEMON	1/2 *
BEANS	400g
TINNED CHERRY TOMATOES	400g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin, dried Italian herbs

KEY UTENSILS

frypan, oven tray

NOTES

You can dress the salsa with some red wine vinegar or lime juice and olive oil if preferred.



1. ROAST SWEET POTATOES

Set oven to 220°C.

Halve sweet potatoes lengthways and coat with **oil, salt and pepper**. Place cut side down on a lined oven tray and roast in oven for 20–25 minutes until golden and cooked through.



2. MAKE THE SALSA

Dice capsicum and radishes. Remove corn from cob. Pick oregano leaves. Toss together (see notes).



3. MAKE THE GUACAMOLE

Mash avocado with lemon juice, **1 tbsp olive oil, salt and pepper**. Set aside.



4. COOK THE BEANS

Heat a frypan over medium heat with **oil**. Drain and add beans along with **1/2 tbsp cumin** and **1/2 tsp Italian herbs**. Stir through cherry tomatoes and simmer for 6–8 minutes. Lightly crush tomatoes with a fork. Season with **salt and pepper**.



5. STUFF THE POTATOES

Use a fork to press down the middle of the cooked sweet potatoes to form a boat. Fill with tomato beans.



6. FINISH AND PLATE

Divide sweet potatoes among plates. Top with salsa and dollop with guacamole.

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**

