




Product Spotlight: Pear


There are over 5,000 varieties of pears & their trees can produce fruit for up to 100 years! They're packed with nutrients, fibre & antioxidants, making them delicious & nutritious!



4 Bean and Sweet Potato Pie

Beans sautéed with onion, carrot, celery, tomatoes and smokey paprika, baked in a pie with a mashed sweet potato topping.

 35 mins

 4 servings

 Plant-Based

21 May 2021

Switch it up!

Instead of mashing the sweet potato, thinly slice it and arrange it on an oven tray, drizzle with oil, salt and pepper and roast for 15-20 minutes then layer on top of the pie.

Per serve: **PROTEIN** 17g **TOTAL FAT** 8g **CARBOHYDRATES** 83g

FROM YOUR BOX

SWEET POTATO	800g
NUT CHEDDAR	1/4 block *
RED ONION	1/2 *
CARROTS	2
CELERY	2
BEANS	2 tins
CHOPPED TOMATOES	400g
PEARS	2
COLESLAW	1/2 bag *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried thyme, smoked paprika, stock cube, white wine vinegar

KEY UTENSILS

large frypan, saucepan, oven dish, kettle

NOTES

For a smoother mash, peel your sweet potato.

If you have fresh thyme at home, feel free to use that instead of dried thyme.



1. MASH SWEET POTATO

Boil the kettle. Set oven to 220°C.

Dice sweet potato (see notes), add to a saucepan with boiling water from kettle, boil for 10–15 minutes or until soft. Drain and mash sweet potato with grated nut cheddar, **oil, salt and pepper**.



2. PREPARE VEGETABLES

Dice red onion and carrots, slice celery. Drain and rinse beans.



3. SAUTÉ VEGETABLES

Heat a frypan over medium–high heat with **oil**. Add prepared vegetables and beans with **1 tsp thyme** (see notes) and **2 tsp paprika**, stirring for 4–5 minutes. Pour in tinned tomato, crumble in **stock cube**, cook for further 4–6 minutes. Season with **salt and pepper**.



4. BAKE PIE

Pour vegetable mixture into a deep oven dish. Top with mashed sweet potato and bake for 10 minutes.



5. MAKE SALAD

In a large bowl whisk together **1 tbsp olive oil, 1 tsp vinegar, salt and pepper**. Thinly slice pears, add to bowl with prepared dressing and coleslaw. Toss well to combine.



6. FINISH AND PLATE

Divide pie evenly among plates and serve with pear coleslaw.

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

