



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Sweet Potato

We love Mr. Sweet Potato! He delivers the nutritional goods and is super-charged with vitamin A (for strong eyes), vitamin C (for your immune system) and potassium (for better working heart & muscles).



## 4 Quinoa Loaded Sweet Potato Nachos

Roasted sweet potato rounds topped with Mexican quinoa, guacamole and salsa. A household favourite with a twist!



30 mins



4 servings



Plant-Based

22 March 2021

### Spice it up!

*You can add extra spice to your quinoa such as ground turmeric, chilli or coriander for added depth of flavour. Stretch out your guacamole with natural yoghurt if desired and finish the dish with a squeeze of lime.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	15g	14g	105g

## FROM YOUR BOX

SWEET POTATOES	1kg
CORN COBS	2
BROWN ONION	1/2 *
ORGANIC WHITE QUINOA	200g
TOMATO PASTE	1 sachet
TOMATOES	2
GREEN CAPSICUM	1
CORIANDER	1/2 packet *
AVOCADO	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, smoked paprika, ground cumin, vinegar (of choice)

## KEY UTENSILS

2 oven trays, frypan

## NOTES

You could add the corn kernels into the quinoa as it cooks if preferred.



### 1. ROAST SWEET POTATOES

Set oven to 220°C.

Slice sweet potato into 1cm rounds. Toss on lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until golden.



### 2. ROAST THE CORN

Cut the corn cobs in half. Coat with **oil, salt and pepper**. Place on a second lined oven tray and roast for 15–20 minutes (see notes).



### 3. COOK THE QUINOA

Heat frypan over medium heat with **oil**. Dice onion. Add to pan with quinoa, 1 tbsp tomato paste, **1/2 tbsp cumin, 1/2 tbsp paprika** and **1 cup water**. Simmer, covered, for 10–15 minutes until water is absorbed. Take off heat, stir through **1/4 cup water**, season with **salt and pepper**.



### 4. PREPARE THE SALSA

Meanwhile, dice tomatoes and capsicum. Roughly chop coriander. Toss together with **1 tbsp vinegar** and **1 tbsp olive oil**. Set aside.



### 5. MAKE THE GUACAMOLE

Mash the avocado with **1/2 tbsp vinegar, salt and pepper**.



### 6. FINISH AND PLATE

Divide sweet potato rounds among plates. Top with quinoa, guacamole and salsa. Serve with a side of corn.

**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**

