



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Spiced Black Bean Bowl

Roasted sweet potato and black bean nourish bowls with brown rice and quinoa. Topped with fresh tomato, lime and coriander salsa, creamy avocado and sour cream.



35 minutes



Vegetarian



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	400g	800g
TINNED BLACK BEANS	2 x 400g	3 x 400g
AVOCADO	1	2
TOMATOES	2	3
CORIANDER	1 packet	2 packets
LIME	1	2
PRECOOKED BROWN RICE & QUINOA	2 packets	3 packets
SOUR CREAM	1 tub	1 tub

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground spice of choice

NOTES

For a warmer dish, you can use the sweet potato, black beans and tomatoes to make a Mexican bean chilli. Simmer with passata and Mexican spices, add capsicum, corn or vegetables of choice and serve on a bed of brown rice and quinoa. Top with avocado, coriander and sour cream.

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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Dice **sweet potato**, drain and rinse **black beans**. Toss on a lined oven tray with **1 tbsp ground spice** of choice (see tip), **oil salt and pepper**. Roast in oven for 25–30 minutes until **sweet potato** is tender and cooked through.

6P – toss with 1 1/2 tbsp ground spice.

TIP *You can use smoked paprika, ground cumin, coriander or a pre-made Mexican spice blend.*

2. PREPARE THE TOPPINGS

Meanwhile, slice **avocado**.

Dice **tomatoes**, chop **coriander**, toss with 1/2 lime zest & juice (wedge remaining), **olive oil** and **salt**.

6P – toss tomatoes and coriander with 1 lime zest and juice.

3. WARM THE BROWN RICE & QUINOA

Cook the **brown rice and quinoa** according to packet instructions. Divide among bowls.

4. FINISH AND SERVE

Add even amounts of **roast sweet potato**, **black beans** and **toppings** among bowls. Spoon **dressing** from **tomatoes** on top. Serve with a dollop of **sour cream** and **lime wedges**.

TIP *Serve with your favourite hot sauce, add pickled jalapeño, crumbled feta cheese.*

This recipe has simplified instructions to help lower your meal cost.