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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Sweet Potato and Mushroom Chilli

A hearty and wholesome vegetarian chilli made with tender sweet potato and mushrooms, spiced as you like. Served with fluffy rice, creamy avocado, and a dollop of sour cream



35 minutes



Vegetarian



2 servings

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
RED CAPSICUM	1
SWEET POTATO	400g
SLICED MUSHROOMS	200g
TOMATO PASTE	1 sachet
AVOCADO	1
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground spice of choice (see notes)

NOTES

You can switch up this dish and serve the chilli in taco shells or on top of nachos.

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1. COOK THE RICE

Place **rice** in a saucepan and cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

2. SAUTÉ THE VEGETABLES

Heat a saucepan or large frypan over medium heat with **oil**. Dice and add **onion** along with **1 1/2 tbsp ground spice of choice (see notes)** cook for 5 minutes until softened. Dice **capsicum** and **sweet potato** (1–2 cm), add to pan as you go along with **mushrooms** (add more oil if needed). Cook for 2 minutes.

TIP *You can use a pre made Mexican spice mix or paste if you have one. We used 1/2 tbsp ground cumin, 1 tbsp smoked paprika and a pinch of ground chipotle. Add ground coriander, dried oregano, cinnamon, or chilli flakes to customise.*

3. SIMMER THE STEW

Stir in **tomato paste** and **1 cup water**. Cover and simmer for 10 minutes until **sweet potato** is tender. Season to taste with **salt and pepper**.

TIP *Add tinned lentils, beans or chickpeas for extra protein. Add a stock cube for depth of flavour.*

4. FINISH AND SERVE

Dice **avocado**. Serve **sweet potato chilli** over **rice**, topped with **avocado** and a dollop of **sour cream**.

TIP *You can add fresh chopped coriander or sliced spring onions to garnish. Serve with lime wedges if you have some.*

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