



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Sweet Potato and Mushroom Chilli



35 minutes



Vegetarian



4/6 servings

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

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
BROWN ONION	1	1
RED CAPSICUM	1	2
SWEET POTATO	800g	800g
SLICED MUSHROOMS	200g	2 x 200g
TOMATO PASTE	2 sachets	2 sachets
AVOCADOS	2	3
SOUR CREAM	1 tub	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.

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.

Something not right? Text us on **0448 042 515** or email **hello@dinnertwist.com.au**

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

1. COOK THE RICE

Place **rice** in a saucepan and cover with **600ml 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.

6P – cover rice with 900ml water.

2. SAUTÉ THE VEGETABLES

Heat a saucepan or large frypan over medium heat with **oil**. Dice and add **onion** along with **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.

6P – use 2 1/2 tbsp ground spice of choice.

TIP *You can use a pre made Mexican spice mix or paste if you have one. We used 1 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 1/2 cups water**. Cover and simmer for 10 minutes until **sweet potato** is tender. Season to taste with **salt and pepper**.

6P – stir in 2 cups water.

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

4. FINISH AND SERVE

Dice **avocados**. 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.*