




**Product Spotlight:
Beans**


Chock-full of protein and great for your bowel, beans are also very filling!



Chipotle Beans with Sweet Potato

Mexican bean hotpot flavoured with our delicious custom chipotle spice mix and served topped with creamy avocado, a dollop of coconut yoghurt and crunchy tortilla strips.

 35 minutes

 4 servings

 Plant-Based

Make Nachos!

Serve the spiced beans on tortilla strips with melted cheese of choice (or just yoghurt!) for a quick nacho dinner. Top with diced or mashed avocado.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	32g	122g

FROM YOUR BOX

SPRING ONIONS	1 bunch
YELLOW CAPSICUM	1
SWEET POTATO	400g
TOMATOES	2
CHIPOTLE SPICE MIX	1 packet
TINNED MIXED BEANS	2 x 400g
WHITE QUINOA	50g
TOMATO SUGO	1 jar
AVOCADO	1
COCONUT YOGHURT	1 tub (120g)
TORTILLA STRIPS	1 bag

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 vegetable stock cube, white wine vinegar

KEY UTENSILS

large frypan or saucepan with lid

NOTES

You can add lime zest and juice to the coconut yoghurt, or cumin seeds/ground cumin.

Chipotle spice mix ingredients: smoked paprika, brown sugar, dried oregano, ground Chipotle, garlic, ground coriander and ground cumin.



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1. SAUTÉ THE VEGETABLES

Heat a large saucepan or frypan over medium heat with **oil**. Slice spring onions (reserve some tops for garnish). Dice capsicum, sweet potato (2-3cm) and tomatoes. Add to pan as you go and stir in chipotle spice mix.



2. SIMMER THE BEANS

Drain and add beans. Stir in quinoa, tomato sugo and **1 1/2 cup water**. Crumble in **stock cube**. Semi cover and simmer for 15-20 minutes or until sweet potato is tender. Stir occasionally.



3. PREPARE THE TOPPINGS

Slice avocado. Combine coconut yoghurt with **1/2 tbsp vinegar, salt and pepper** (see notes).



4. FINISH AND SERVE

Stir through **1/2 tbsp vinegar** and season beans with **salt and pepper** to taste.

Divide chipotle beans among bowls. Garnish with avocado, reserved spring onion tops and a dollop of coconut yoghurt. Serve with tortilla strips.

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**

