



### Product Spotlight: Beans

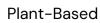
Chock-full of protein and great for your bowel, beans are also very filling!



# 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.





# 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.

#### FROM YOUR BOX

SPRING ONIONS	1 bunch
YELLOW CAPSICUM	1
SWEET POTATO	400g
ΤΟΜΑΤΟ	2
CHIPOTLE SPICE MIX	1 packet
TINNED MIXED BEANS	2 x 400g
TOMATO SUGO	1 jar
AVOCADO	1
COCONUT YOGHURT	120g
TORTILLA STRIPS	1 bag



#### **1. PREPARE THE INGREDIENTS**

Slice **spring onions** (reserve some tops for garnish). Dice **capsicum**, **sweet potato** (2-3cm) and **tomatoes**.



## 2. SAUTÉ THE VEGETABLES

Heat a large saucepan or frypan over medium heat with **oil**. Add to pan as you go and stir in **chipotle spice mix** (see notes).



#### **3. SIMMER THE BEANS**

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

#### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

large frypan or saucepan with lid

#### NOTES

The chipotle spice mix has a mild to hot spice level, for a milder heat, add 1/3 - 1/2 packet.

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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#### **4. PREPARE THE TOPPINGS**

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



#### **5. FINISH AND SERVE**

Season beans with **1/2 tbsp vinegar**, and **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

