




**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
	22g	25g	84g

FROM YOUR BOX

SPRING ONIONS	1 bunch
YELLOW CAPSICUM	1
SWEET POTATO	400g
TOMATO	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

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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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.



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**

