



Product Spotlight: Avocado

To prepare an avocado, hold it steady with one hand and slice through the skin lengthwise until you hit the pit. Cut around the entire fruit. Gently twist the two halves in opposite directions to separate them.



Mexibean Chilli

with Tortilla Strips

A nourishing bowl of Mexican bean and sweet potato chilli simmered with warming spices, served with guacamole and tortilla strips.



30 minutes



Plant-Based



2 servings

Add some toppings!

Add pickled jalapeños, fresh coriander or some yoghurt to finish this dish!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	25g	149g

FROM YOUR BOX

SPRING ONIONS	1 bunch
GREEN CAPSICUM	1
SWEET POTATO	400g
WARM MEXICAN SPICE MIX	1 packet
TINNED MIXED BEANS	400g
TINNED TOMATOES	400g
AVOCADO	1
LIME	1
CORN COB	1
TORTILLA STRIPS	1 bag

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried chilli flakes (optional)

KEY UTENSILS

large frypan with lid

NOTES

Leave out the chilli if you prefer a milder dish. For an extra flavour boost, add some smoked paprika and crushed garlic to the sauce

Warm Mexican Spice Mix: smoked paprika, ground cumin, ground coriander, dried oregano, garlic powder, ground cinnamon



1. PREPARE THE VEGETABLES

Slice **spring onions** (reserve some tops for garnish). Dice **capsicum** and **sweet potato** (1-2cm).



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Add **prepared vegetables** along with **warm Mexican spice mix** and **1/4 - 1/2 tsp chilli** (see notes). Cook, stirring, for 5 minutes until fragrant.



3. SIMMER THE BEANS

Drain and add **beans** along with **chopped tomatoes** and **1/2 tin (200ml water)**. Cover and simmer for 15-20 minutes until **sweet potato** is tender. Season to taste with **salt and pepper**.



4. PREPARE THE TOPPINGS

Meanwhile, mash **avocado** in a bowl with **zest and juice from 1/2 lime** (wedge remaining). Remove **corn kernels** from cob and set aside.



5. FINISH AND SERVE

Divide **bean chili** among bowls. Top with **avocado**, **corn** and **spring onion tops**. Serve with **tortilla strips** and **lime wedges**.

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