



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



4/6 servings

Add some toppings!

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

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	23g	25g	132g137g

FROM YOUR BOX

	4 PERSON	6 PERSON
SPRING ONIONS	1 bunch	2 bunches
GREEN CAPSICUM	1	2
RED CAPSICUM	1	2
SWEET POTATO	400g	800g
WARM MEXICAN SPICE MIX	1 packet	2 packets
TINNED MIXED BEANS	2 x 400g	3x 400g
TINNED TOMATOES	400g	2x 400g
AVOCADOS	2	3
LIME	1	2
CORN COBS	2	3
TORTILLA STRIPS	1 bag	2 bags

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 **capsicums** and **sweet potato** (1-2cm).



4. PREPARE THE TOPPINGS

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

6P – add zest and juice from 1 lime to avocados. Wedge remaining lime.



2. SAUTÉ THE VEGETABLES

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

6P – add 3/4 tsp chilli



5. FINISH AND SERVE

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



3. SIMMER THE BEANS

Drain and add **beans** along with **chopped tomatoes** and **1 tin (400ml water)**. Cover and simmer for 15-20 minutes until **sweet potato** is tender. Season to taste with **salt and pepper**.

6P – add 1/4 cup water.

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