



## Mexican Chilli Bowl

with Guacamole and Sweet Potato Wedges



30-40min



2 Portions

Few things hit the spot like a warming bowl of chilli con carne. This vegetarian version comes with all the tempting flavour - Mexican spices, smoky chipotle chilli, tangy lime and fresh coriander - without the heavy meat. We've also subbed low GI sweet potato wedges for white rice, and topped it off with nutrient-rich guacamole, yoghurt for calcium and corn salsa for a nourishing family meal. ...



## What we send

- chipotle in adobo sauce <sup>6</sup>
- lime
- can crushed tomatoes
- sweet potato
- corn kernels
- avocado
- coriander, spring onion, garlic
- Mexican spice blend
- can kidney beans
- Greek yoghurt <sup>7</sup>
- onion

## What you'll require

- olive oil
- olive oil spray
- sea salt and pepper

## Utensils

- baking paper
- large frypan
- oven tray

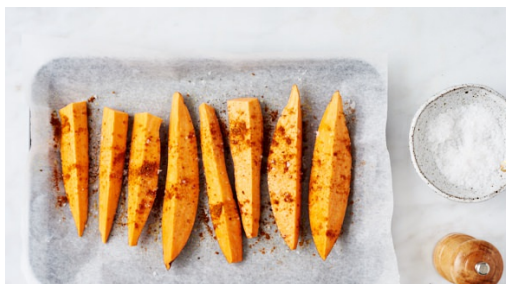
Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Soy (6), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 645kcal, Fat 19.4g, Carbs 86.9g, Proteins 20.7g



### 1. Roast sweet potato wedges

Preheat the oven to 220C. Line an oven tray with baking paper. Scrub the **sweet potato**, then quarter lengthwise and put on the lined tray. Spray with **olive oil spray** or drizzle with olive oil, sprinkle over **half the Mexican seasoning** and season with **salt and pepper**. Roast for 20-25 mins until golden and tender.



### 4. Make guacamole

Meanwhile, juice the **lime**. Using a fork, mash the **avocado** in a bowl. Stir in **half the lime juice** and season with **salt and pepper**. Cover and set aside.



### 2. Prepare ingredients

Meanwhile, finely chop the **onion** and **garlic**. Finely chop the **coriander** leaves and stems, keeping the leaves and stems separate. Drain and rinse the **kidney beans**.



### 5. Make corn salsa

Thinly slice the **spring onion**. Drain and rinse the **corn**. Combine the spring onion, corn and **coriander leaves** in a small bowl, then stir in the **remaining lime juice**. Season with **salt**.



### 3. Cook chili bean mixture

Heat **1 tbs olive oil** in a large frypan over medium-high heat. Cook the **onion** and **garlic**, stirring, for 2-3 mins until slightly softened. Add **remaining Mexican seasoning** and the **coriander stems** and stir for 1 min or until fragrant. Stir in **chipotle, tomatoes** and **kidney beans** and bring to a simmer. Cook, stirring occasionally, for 6-8 mins until thickened.



### 6. Get ready to serve

Season the **bean mixture** with **salt and pepper**, then divide among bowls with the **sweet potato wedges** and **corn salsa**. Serve with the **guacamole** and **yoghurt**.