



Mexican Chilli Bowl

with Guacamole and Sweet Potato Wedges



30-40min



4 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

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

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 625kcal, Fat 16.3g, Carbs 88.5g, Proteins 20.2g



1. Roast sweet potato wedges

Preheat the oven to 220C. Line an oven tray with baking paper. Scrub the **sweet potatoes**, 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 **limes**. Using a fork, mash the **avocados** 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 chilli bean mixture

Heat **1 tbs olive oil** in a large frypan over medium-high heat. Cook **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 chilli, 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**.