



## Mexican Sweet Potato Bake

with Black Beans and Guacamole



20-30min



4 Portions

Want the family to eat more veg? Packed with everyone's favourite mexican flavours there is no need to reach for the corn chips. Instead, top roasted sweet potato wedges with a sweet mildly-spiced tomato sauce, nutty beans and cheddar cheese. Bake to bring out max flavour and top with creamy avocado for a fantastic veggie-stuffed family favourite.



## What we send

- lemon
- Mexican seasoning
- black beans
- coriander, garlic
- diced Italian tomatoes
- mature cheddar<sup>7</sup>
- avocado
- sweet potatoes
- red onion

## What you'll require

- olive oil
- sea salt and pepper

## Utensils

- baking paper
- large deep frypan or saucepan with lid
- roasting pan or oven tray
- sieve

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

## Cooking tip

If some people prefer mild spice or no spice at all, reduce the amount of Mexican seasoning added or omit it completely.

## Allergens

Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 920kcal, Fat 49.6g, Carbs 63.5g, Proteins 36.8g



### 1. Make wedges

Preheat the oven to 220C. Line an oven tray with baking paper. Scrub the **sweet potatoes** then cut into thin wedges. Put the **wedges** onto the lined tray, drizzle with **2 tbs olive oil**, toss to coat, and bake for 15-20 mins until soft.



### 4. Make guacamole

Meanwhile, coarsely chop the **coriander**. Juice the **lemons**. Mash the **avocados** with **2 tbs lemon juice** (any remaining juice won't be used in this dish and **half the coriander**. Season with **salt**. Coarsely grate the **cheese**. Preheat the oven grill to high.



### 2. Prepare ingredients

Meanwhile, drain and rinse the **black beans**. Finely chop the **onion**. Crush or finely chop the **garlic**. Heat **1 tbs olive oil** in a large deep frypan over medium heat. Cook the onion for 5 mins or until softened. Add the garlic and **1 tbs Mexican seasoning** (see cooking tip) and cook for 2 mins or until fragrant.



### 5. Assemble bake

Arrange the **sweet potato wedges** in an ovenproof dish, spoon the **black bean sauce** on top and scatter over the **grated cheese**. Grill for 5-10 mins until the cheese is melted and golden brown.



### 3. Cook beans

Add the **tomatoes, black beans** and **2 tsp sugar** and bring to the boil. Reduce the heat slightly and simmer, uncovered, stirring occasionally for 10 mins or until the sauce has thickened.



### 6. Get ready to serve

Divide the **sweet potato bake** among bowls. Spoon over the **guacamole** and scatter with the **remaining coriander** to serve.