



Mexican Bean & Roasted Sweet Potato Bowl

with Guac, Charred Corn Salsa & Sour Cream

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Sweet Potato



Nan's Special Seasoning



Sweetcorn



Red Kidney Beans



Lemon



Avocado



Tomato



Mexican Fiesta Spice Blend



Enchilada Sauce



Light Sour Cream



Fetta Cubes



Beef Mince



Cheddar Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins



They say to eat the rainbow, so we've created this colourful bowl of beans, roasted sweet potatoes, lemony guac and moreish toppings for a wholesome meal everyone will love!

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
Nan's special seasoning	1 medium sachet	1 large sachet
sweetcorn	1 medium tin	1 large tin
red kidney beans	1 packet	2 packets
lemon	1	2
avocado	1	2
tomato	1	2
Mexican Fiesta spice blend	½ medium sachet	1 medium sachet
enchilada sauce	1 packet	2 packets
brown sugar*	½ tsp	1 tsp
light sour cream	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2626kJ (627Cal)	385kJ (92Cal)
Protein (g)	20.3g	3g
Fat, total (g)	29.8g	4.4g
- saturated (g)	8.6g	1.3g
Carbohydrate (g)	60.5g	8.9g
- sugars (g)	21.5g	3.1g
Sodium (mg)	1371mg	201mg
Dietary Fibre (g)	25.3g	3.7g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil** and season with **Nan's special seasoning, salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the sweet potato between two trays.

2



Get prepped

- Drain **sweetcorn**.
- Drain and rinse **red kidney beans**.
- Slice **lemon** into wedges.

3



Prep the sides

- Scoop out **avocado** flesh into a medium bowl, then roughly mash. Add a good squeeze of **lemon juice** and a drizzle of **olive oil**. Stir until smooth and well combined. Season to taste. Set aside.
- Finely chop **tomato**, then transfer to a second medium bowl.

4



Char the corn

- Heat a large frying pan over high heat. Cook **corn kernels**, tossing, until charred, **4-5 minutes**.
- Transfer **corn** to the bowl with the tomato. Add a squeeze of **lemon juice**. Season, then toss to combine.

TIP: Cover the pan with a lid or foil if the kernels are "popping" out."

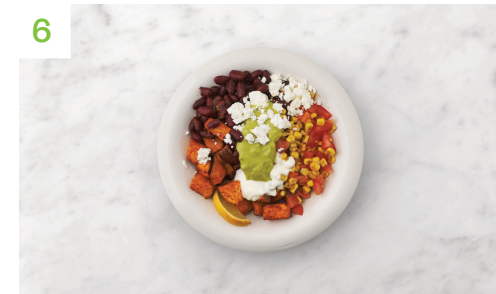
5



Make the beans

- **SPICY!** You may find the spice blend hot. Add less if you're sensitive to heat. Return pan to a medium heat with a drizzle of **olive oil**. Cook **red kidney beans** and **Mexican Fiesta spice blend** (see ingredients), stirring, until coated and fragrant, **1-2 minutes**.
- Add **enchilada sauce**, a splash of **water** and the **brown sugar**. Simmer until heated through, **2 minutes**. Season to taste.

6



Serve up

- Divide Mexican beans and roasted sweet potato between bowls.
- Top with guac, **light sour cream** and charred corn salsa.
- Crumble over **fetta cubes**. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



CUSTOM OPTIONS



ADD BEEF MINCE

Before cooking the beans, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD CHEDDAR CHEESE

Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

