



Mexican Bean & Roasted Sweet Potato Bowl

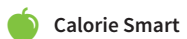
with Guac, Charred Corn Salsa & Sour Cream

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Sweetcorn
-  Red Kidney Beans
-  Lemon
-  Coriander
-  Avocado
-  Tomato
-  Mexican Fiesta Spice Blend
-  Enchilada Sauce
-  Light Sour Cream

Prep in: 20-30 mins
Ready in: 30-40 mins
Naturally Gluten-Free
Not suitable for coeliacs



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

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
sweetcorn	1 tin (125g)	1 tin (420g)
red kidney beans	1 tin	2 tins
lemon	1	2
coriander	1 bag	1 bag
avocado	1	2
tomato	1	2
Mexican Fiesta spice blend 	½ medium sachet	1 medium sachet
enchilada sauce	1 packet (150g)	1 packet (300g)
brown sugar*	½ tsp	1 tsp
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

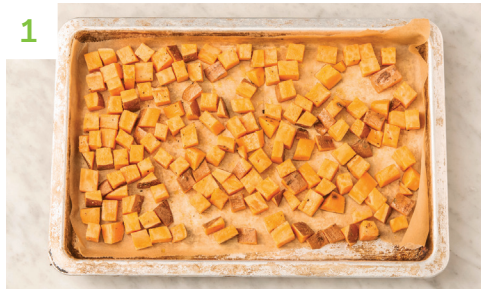
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2542kJ (608Cal)	365kJ (87Cal)
Protein (g)	19.4g	2.8g
Fat, total (g)	27g	3.9g
- saturated (g)	7.2g	1g
Carbohydrate (g)	63.2g	9.1g
- sugars (g)	24.2g	3.5g
Sodium (mg)	1013mg	145mg

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.



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 **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

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



Get prepped

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



Prep the sides

- Scoop out **avocado** flesh into a medium bowl, then roughly mash. Add the 1/2 the **coriander**, 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.



Char the corn

- Heat a large frying pan over high heat. Cook **corn kernels** 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.



Make the saucy 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** and the **brown sugar**. Simmer until heated through, **2 minutes**. Season to taste.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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