














Mexican Beans & Roasted Sweet Potato Bowl

with Guacamole, Pickled Onion & Sour Cream

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Red Onion
-  Corn
-  Red Kidney Beans
-  Lime
-  Coriander
-  Avocado
-  Tomato
-  Mexican Fiesta Spice Blend
-  Enchilada Sauce
-  Light Sour Cream

-  Hands-on: **20-30 mins**
-  Ready in: **30-40 mins**
-  Naturally Gluten-Free
-  Calorie Smart
-  Spicy (Mexican Fiesta spice blend)

Not suitable for coeliacs

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

Pantry items
Olive Oil, Vinegar (White Wine or Rice Wine)

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
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
corn	1 cob	2 cobs
red kidney beans	1 tin	2 tins
lime	1	2
coriander	1 bag	1 bag
avocado	1	2
tomato	1	2
Mexican Fiesta spice blend	½ sachet	1 sachet
enchilada sauce	1 packet (150g)	1 packet (300g)
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2637kJ (630Cal)	359kJ (85Cal)
Protein (g)	17.8g	2.4g
Fat, total (g)	28.8g	3.9g
- saturated (g)	8.7g	1.2g
Carbohydrate (g)	61g	8.3g
- sugars (g)	26.6g	3.6g
Sodium (mg)	958mg	130mg

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 the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** into bite-sized chunks. Place the **sweet potato** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Pickle the onion

While the sweet potato is roasting, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **vinegar** and a generous pinch of **salt** and **sugar**. Scrunch the **onion** in your hands, then add to the **pickling liquid**. Add just enough **water** to cover the onion, then stir to coat. Set aside until just before serving.



Get prepped

Slice the kernels from the **corn** cob. Drain and rinse the **red kidney beans**. Slice the **lime** into wedges. Roughly chop the **coriander**. Scoop out the **avocado** flesh using a spoon and mash in a medium bowl. Add the 1/2 the **coriander**, a good squeeze of **lime juice** and a drizzle of **olive oil** to the **avocado**. Stir until smooth and well combined. Season to taste. Finely chop the **tomato** and transfer to a bowl.



Char the corn

Heat a large frying pan over a high heat. Add the **corn** kernels and cook until charred, **4-5 minutes**. Transfer to the bowl with the **tomato**. Add a squeeze of **lime juice** and season. Toss to combine.

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



Make the saucy beans

SPICY! This spice blend is hot, use less if you're sensitive to heat. Return the pan to a medium heat with a drizzle of **olive oil**. Add the **red kidney beans** and **Mexican Fiesta spice blend** (see ingredients) and cook, stirring, until coated and fragrant, **1-2 minutes**. Add the **enchilada sauce** and simmer until heated through, **2 minutes**. Season to taste.



Serve up

Drain the pickled onion. Divide the sweet potato, Mexican beans and guacamole between bowls. Top with the charred corn salsa, pickled onion, **light sour cream** and remaining coriander. Serve with any remaining lime wedges.

Enjoy

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