

UCCOOK

Black Bean Stuffed Sweet Potatoes

with spicy jalapeños and creamy avo

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Chloe Hughes

Nutritional Info

	Per 100g	Per Portion
Energy	382kj	3489kj
Energy	91kcal	834kcal
Protein	2.2g	20.4g
Carbs	12g	106g
of which sugars	3.3g	29.9g
Fibre	3.6g	33g
Fat	3.8g	34.9g
of which saturated	0.6g	5.8g
Sodium	205mg	1874mg

Allergens: Sulphites, Allium

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Sweet Potato <i>rinse & cut in half lengthways</i>
100g	200g	Corn
360g	480g	Black Beans <i>drain & rinse</i>
1	40ml	NOMU Taco Mex Mix
1	400ml	Tomato Salsa
2	2	Avocados <i>cut in half & roughly dice 1½ [2]</i>
90g	120g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
45g	60g	Pickled Onions <i>drain & roughly dice</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
2	2	Limes <i>cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water

1. **SWEET ON SWEET POTATO** Preheat the oven to 200°C. Coat the sweet potato halves in oil and season. Place in the hot oven and roast until cooked through and soft, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C for 30-35 minutes.

2. **LET'S SALSA** Place a pan over medium heat with a drizzle of oil. When hot, fry the corn and black beans until the corn is lightly golden, 6-8 minutes. In the final 1-2 minutes, add the NOMU rub and fry until fragrant. Mix through the tomato salsa, seasoning, and simmer until warmed through, 2-3 minutes.

3. **HAVO SOME AVO** In a bowl, combine the avocado, jalapeños, pickled onion, cucumber, coriander, a squeeze of lime juice (to taste), a drizzle of olive oil and seasoning.

4. **MMMEXICAN MEAL** Plate up the sweet potato. Using a fork, gently fluff up the flesh, and load it with the black bean mixture. Scatter over the avocado salsa and dig in, Chef!