



UCCOOK

Tex-Mex Sweet Potato Bonanza

with saucy black bean chilli, salsa & ready-made guacamole

Stack up these sweet potato boats and sail into the Central American sunshine! Black beans in a thick tomato, spring onion, and garlic sauce; a spicy charred corn salsa; and crispy onions. The cherry on top? A mighty dollop of guac!


Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Alex Levett

 Vegetarian

 No paired wines

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & halved lengthways</i>
50g	Corn <i>drained</i>
1	Lime <i>½ zested & cut into wedges</i>
3g	Fresh Coriander <i>rinsed & roughly chopped</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
1	Jalapeño <i>deseeded & finely chopped</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	NOMU Mexican Spice Blend
100ml	Cooked Chopped Tomato
80g	Guacamole
120g	Black Beans <i>drained & rinsed</i>
15ml	Crispy Onions

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. SOFTEN THE SWEET POTATO Preheat the oven to 200°C. Place the sweet potato halves on a baking tray, coat in oil, and season. Turn cut-side up and bake in the hot oven for 35-40 minutes until cooked through.

2. SUBLIME LIME SALSA Place a pan over a high heat with a drizzle of oil. When hot, fry the drained corn for 3-4 minutes until charred, shifting occasionally. Transfer to a bowl on completion. Toss through the juice of 1 lime wedge, the zest to taste, ½ of the chopped coriander, and the green spring onion slices. Mix in the chopped jalapeños to taste, season, and set aside for serving.

3. START THE CHILLI When the sweet potato has about 5 minutes remaining, return the pan to a medium heat with another drizzle of oil. When hot, sauté the white spring onion slices for 2-3 minutes until lightly charred. Add in the grated garlic and the Mexican spice blend to taste. Fry for 30-60 seconds until fragrant, shifting constantly. Stir in the cooked chopped tomato and 50ml of water. Allow to simmer for 3-4 minutes until reduced and thickened, stirring occasionally.

4. SWEET POTATO BOATS & TANGY GUAC When the sweet potato is cooked, remove from the oven and set aside. Once cool enough to handle, carefully scoop the flesh into a bowl, taking care not to break the skins. Mash the flesh until smooth, setting the skins aside for serving. Season the guacamole to your taste preference with salt, pepper, and lime juice. Set aside for serving.

5. TIE IT ALL UP When the sauce has thickened, stir through the mashed potato and the drained black beans. Cook for 2-3 minutes until the beans are warmed through, stirring occasionally. Remove from the heat on completion, and season to taste with salt, pepper, and sweetener of choice.

6. SUPPERTIME Fill the sweet potato skins with the chunky black bean chilli and place side-by-side on a plate. Top with the corn salsa and dollops of guacamole. Garnish with the crispy onions and the remaining coriander. Way to go, Chef!



Chef's Tip

Reserve any remaining chopped jalapeño and keep it in the fridge to use in another meal.

Nutritional Information

Per 100g

Energy	421kJ
Energy	101Kcal
Protein	2.7g
Carbs	14g
of which sugars	3.7g
Fibre	3g
Fat	3.4g
of which saturated	0.8g
Sodium	285mg

Allergens

Gluten, Allium, Wheat

Cook
within
4 Days