



Mexican Sweet Potato Bake (OP W)

Serving: 1

Veg

Ingredients

- 100g sweet potatoes, washed and diced into 1" cubes
- 1 red bell peppers, cored and diced
- 1/2 green bell pepper or poblano pepper, cored and diced
- 1/2 jalapeno peppers, cored and diced
- 1/4 cup corn kernels, fresh or frozen and defrosted
- 30g Can black beans, drained and rinsed
- 1 Teaspoon Oil (Any cooking oil will do)
- 1/4 teaspoon ground cumin
- To taste some smoked paprika
- To taste Chilli Powder
- To taste Salt
- Suggested toppings: fresh baby spinach, a squeeze of lime juice, salsa, avocado, cilantro, and/or Mexican cheese.

Preparation Method

- Preheat the oven to 400°F and grease or line a baking sheet with parchment paper. Place the diced sweet potato on the baking sheet and then use your hands to coat them with oil. Sprinkle them with salt and bake in the oven for 15 minutes.
- Next remove the baking sheet from the oven and set aside. Place the drained diced peppers, beans, and corn on top of the sweet potatoes then add the remaining oil. Sprinkle the seasonings on top then use a spoon to stir everything together.
- Bake in the oven for another 15-20 minutes, until the potatoes and the peppers are light brown on the edges.
- Allow to cool for 5 minutes then transfer to a bowl with desired toppings and enjoy!