



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK19
2016



Healthy Black Bean Jacket Potatoes with Avocado & Lime

Prepare yourself for a jacket potato like none other. Roasting a sweet potato whole renders it delectable and fluffy - trust us when we say it's worth the wait in cooking time. Finish with creamy avocado, black beans and fresh lime, and you've got a dinner winner.



Prep: 10 mins
Cook: 50 mins
Total: 60 mins



level 1



gluten
free



vegan

Pantry Items



Olive Oil



Water



Sweet Potato



Red Onion



Garlic



Cumin



Carrot



Tomato Paste



Black Beans



Coriander



Avocado



Lime

JOIN OUR PHOTO CONTEST

f t i #HelloFreshAU

2P	4P	Ingredients
2	4	sweet potatoes, washed
½ tbs	1 tbs	olive oil *
½	1	red onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
1 tsp	2 tsp	cumin
1	2	carrot, grated
2 tbs	4 tbs	tomato paste
1 tin	2 tins	black beans, drained & rinsed
1 bunch	2 bunches	coriander, stems & leaves finely chopped separately
¼ cup	½ cup	water *
1	2	avocado, mashed
½	1	lime, cut into wedges

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2030	Kj
Protein	14.5	g
Fat, total	21.6	g
-saturated	4.2	g
Carbohydrate	57.6	g
-sugars	21.1	g
Sodium	645	mg

2



You will need: *chef's knife, chopping board, box grater, sieve, oven tray lined with baking paper and a medium frying pan, garlic crusher, and tongs.*

1 Preheat the oven to **200°C/180°C** fan forced.

2 Pierce the **sweet potatoes** several times with a fork. Place them in the microwave and cook on high for **4 minutes**.

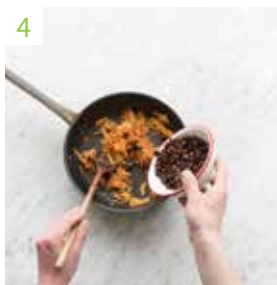
Tip: If you don't have a microwave they will take an extra **15-20 minutes** in the oven.

3



3 Rub the sweet potatoes in half of the **olive oil** and place on the prepared oven tray. Cook in the oven for **40 minutes**.

4



4 Heat the remaining olive oil in a medium frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **2 minutes** or until soft. Add the **garlic** and **cumin** and cook, stirring, for **1 minute** or until fragrant. Add the **carrot** and cook for a further **2 minutes**. Add the **tomato paste**, **black beans**, **coriander stems** and **water** to the pan, bring to the boil, then remove from the heat, season with **salt** and **pepper** and set aside.

5



5 To serve, cut the sweet potatoes lengthways ensuring not to cut the whole way through. Top with the black bean mixture. Top with the **avocado** and **coriander leaves**. Serve with the **lime wedges**.

Did you know? The avocado is an Aztec symbol of love and fertility.