

# Smoky Black Beans

## with Roasted Sweet Potatoes and Guacamole

Enjoy this little piece of Mexican heaven on a plate!

Cals 908 • Prot 23 • Carbs 133 • Fat 38

Vegan

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🕒 cook: 45 min

R2507

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Sweet potatoes	2 ppl	3 ppl	4 ppl	
Sweet potatoes	600	800	1200	Grams
Olive oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Topping				
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Cherry tomatoes	250	300	500	Grams
Olive oil	2	3	4	Tbsp
Black beans	240	480	480	Grams
Tomato paste	30	50	70	Grams
Maple syrup	20	30	40	ML
Smoked paprika powder	2	4	4	Grams
Taco seasoning	10	15	20	Grams
Black pepper	0.5	1	1	Tsp
Water	50	75	100	ML
Salt	0.5	0.5	1	Tsp
Guacamole				
Avocado	2	2	3	Piece
Fresh coriander	15	15	15	Grams
Lime	2	2	3	Piece
Flaky sea salt	2	2	4	Grams

Allergens

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3799 / 908
Fat (g)	37.7
of which saturates (g)	5.3
Carbohydrate (g)	133
of which sugars (g)	32.9
Fiber (g)	37.6
Protein (g)	23.1
Salt (g)	2.4

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast sweet potatoes

Preheat the oven to 220°C/200°C fan. Wash the **sweet potatoes** and cut them into 1 cm thick slices. Place the slices onto a lined baking tray. Drizzle with **oil** and sprinkle generously with **salt** and **pepper**. Roast for 30 min until soft and starting to crisp.

**Tip!** Take your time when roasting the sweet potatoes. They should be soft and nicely caramelised.



2 Prep

Meanwhile, peel and chop the **onion** and **garlic**. Halve the **cherry tomatoes**. Drain and rinse the **black beans**.



3 Simmer

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, fry the **onion** with a pinch of **salt** for 5 min. Add the **garlic** and **cherry tomatoes** and cook for 2 min further. Add the **black beans**, **tomato paste**, **maple syrup**, **smoked paprika powder**, **taco seasoning**, **black pepper** and a splash of **water**. Cook for 5 min. Season with **salt**.



4 Make guacamole

Slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and transfer it to a bowl. Mash the **avocado** with a fork. Chop the **coriander** (reserve a few leaves for garnish) and add it to the **avocado**. Season with a generous squeeze of **lime** juice and the **flaky sea salt**. Mix well.



5 Serve

Top the roasted **sweet potatoes** with the **beans**. Garnish with the remaining **fresh coriander**. Serve with the **guacamole**.