

Vegetarian Mexican Bowl

Serves 4

2 x sweet potatoes, sliced

1 x onion diced

2 x garlic cloves, crushed

1 x jalapeno chilli, diced

200g white/button mushrooms, sliced

1 x red capsicum, diced

2 x cans black beans, drained and rinsed (or 3 cups cooked black beans)

1 tablespoon chipotle spice (or paprika with 1 teaspoon chilli flakes)

1 x can diced tomatoes

4 x handfuls of spinach

To serve: avocado, yoghurt, coriander



Preheat the oven to 200°C. Lay the sweet potato on a baking tray lined with baking paper and bake for 40-45 minutes.

Meanwhile, heat a large fry pan to medium heat and add the onion, garlic and chilli. Saute for 3 minutes and then add the mushrooms, capsicum and beans with the chipotle spice. Stir well, saute for another 2-3 minutes and then add the tomatoes and simmer for 5 minutes on low. In the final 2 minutes add the spinach.

Serve the sweet potato into bowls and then add the bean mix and serve with avocado, yoghurt and coriander.

