



BBQ black beans

with cheesy sweet potato mash



Make this dish within 5 days of receiving your meal kit



Cooking equipment: medium pot, large frying pan



Pantry items needed: plant-based butter, olive oil, salt



Hands-on: 25 minutes
Ready in: 30 minutes



Serves: 2 or 4

Creamy, cheesy sweet potato mash and rich BBQ black beans collide! Top it all off with vegan sour cream and spring onions and you have yourself a bowl of the finest American comfort food.

NO ADDED GLUTEN | HIGH PROTEIN | Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Potato	300g	600g
Sweet potato	200g	400g
Plant-based butter*	1 tbsp	2 tbsp
Nutritional yeast	1 packet	1 packet
Salt*	½ tsp	1 tsp
Onion	100g	200g
Garlic	10g	20g
Black beans	2 cans	4 cans
Spring onion	25g	50g
Olive oil*	1 tbsp	2 tbsp
BBQ black bean seasoning	1 tub	1 tub
Water*	½ cup	1 cup
Vegan sour cream	1 tub	1 tub

* Pantry items

Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook potatoes

Peel and dice **potato** and **sweet potato** into 1cm pieces. Place into a medium pot and add water to cover. Bring to a boil, reduce to a simmer and cook until a knife can easily pierce through the **sweet potato** and **potato**, about **20 minutes**. Drain and mash using a potato masher or fork. Add **plant-based butter***, **nutritional yeast** and **salt*** and continue to mash until smooth. Cover and set aside.

2. Prepare ingredients

Dice **onion**. Mince **garlic**. Drain and rinse **black beans**. Thinly slice **spring onion**.

3. Cook beans

In a large frying pan over medium heat, add **olive oil***, **onion** and **garlic** and sauté until golden brown, about **5 minutes**. Add **black beans**, **BBQ black bean seasoning** and **water*** and allow to simmer until thickened, about **5 minutes**.

4. Serve

Serve **sweet potato mash** onto plates, top with **black beans**, a dollop of **vegan sour cream** and sprinkle with **spring onion**.

Eat your way
to healthy!



Black beans are a great source of fibre, protein and good carbs. They also contain several key vitamins and minerals, including vitamins A, B1, B3, B9 and K, calcium, manganese, magnesium, iron, phosphorus, potassium and zinc.

Black beans have been linked to health benefits such as reduced risk of heart disease and certain cancers, stronger bones, lower blood sugar levels, improved eye health, healthy digestion and weight control.

Nutritional information*

	Per 755g serve	Per 100g
Energy	2901kJ (694Cal)	384kJ (92Cal)
Protein	28.9g	3.8g
Fat, total	23.7g	3.1g
- Saturated	8.8g	1.2g
Carbohydrate	77.0g	10.0g
- Sugars	19.0g	2.0g
Sodium	1433mg	190mg

* Nutritional information is based on averages