

Mexican Inspired Sweet Potato Bowl

(Serves 2)

Ingredients:

- 1/2 cup **Chris' Festivale Southern Smashed Avocado & Fetta dip**
- 2 small sweet potatoes (approximately 520g), washed and patted dry
- 2 tbsp extra virgin coconut oil, melted
- 425g tin cooked black beans, drained, rinsed well and patted dry
- 1 clove of garlic, minced
- 1/2 tsp ground cinnamon
- 1/2 tsp ground chilli powder
- 1/2 tsp ground cumin
- 1 whole corn cob, husk and silk removed
- 1/2 tsp sweet paprika
- sea salt
- lime, coriander, jalepenos (and/or fresh chilli), grated cheese* – to serve



Method:

- Preheat the oven to 175 deg C
- Slice the sweet potatoes into approximately 1cm thick rounds and arrange in a single layer on a lined baking tray
- Drizzle 1/2 tbsp coconut oil over the sweet potato and sprinkle with a pinch of sea salt. Rub the oil over the entire cut surface of the sweet potato, flip over and repeat on the other side

- Bake the sweet potato rounds for 20 minutes, or until cooked through
- Meanwhile, prepare the black beans. Heat 1/2 tbsp of coconut oil in a non-stick frying pan over medium / high heat. Add the minced clove of garlic and fry for about 5 seconds, then quickly add the rinsed and dried black beans and fry for 2-3 minutes, until heated through. Add the cinnamon, chilli powder and cumin and fry briefly to incorporate. Transfer the beans to a bowl and prepare the corn.
- Heat a griddle over high heat until smoking hot. In a small bowl, stir together the paprika and a pinch of sea salt
- Cut the cob of corn in half to yield two smaller cobbettes. Drizzle each with the remaining coconut oil and sprinkle with another pinch of sea salt. Rub each cobette to ensure that they are well-coated. Cook the corn on the griddle pan, turning frequently, until all sides are cooked and nicely charred. Transfer to a chopping board, sprinkle the paprika mixture liberally over all sides of the corn, then use a sharp knife to cut off the kernels
- When the sweet potato has finished cooking, remove from the oven and divide the sweet potato rounds between two plates. Top with spoonfuls of fried black beans, corn, 1/4 cup each of Chris' Festivale Southern Smashed Avocado & Fetta Dip, coriander, jalapeno/chilli, grated cheese* and a squeeze of fresh lime
- Enjoy!

** Smoked cheddar cheese works particularly well with this recipe.*