Recipe

loaded sweet potato wedges

We have expertly roasted sweet potato wedges with a delightful fajita spice blend, then generously topped them with indulgent stewed black beans inspired by the flavours of Brazil. A sprinkle of sweetcorn adds the perfect finishing touch. Top it off with some grated cheese and serve with some warm, fluffy flatbread!

Ingredients

a glug of veg oil

1 large red onion - chopped

4 cloves of garlic - crushed

1 tsp of smoked paprika

1½ tsps of ground cumin

1 bay leaf

½ tsp of ground coriander

1500ml of water

1 mushroom stock cube

2 tins of drained black beans

1 tin of drained black beans that have been blended until smooth

1 tbsp of nutritional yeast

juice from 1 lemon

1 handful of chopped coriander

1 small tin of sweetcorn

Method

add oil to a wide based pan on a medium heat

add chopped red onion and cook gently for about 20 minutes until golden and sweet

add crushed garlic, paprika, cumin, bay leaf and coriander and stir well for a few minutes until fragrant

add water, stock, drained black beans, blended black beans and nutritional yeast and bring up to a simmer

gently simmer for at least 1 hour, stirring occasionally to avoid anything sticking to the bottom of the pan

once stew is thickened and reduced, add lemon juice, taste to make sure you're happy and then stir in half the coriander

serve the wedges with the black bean stew on top, a sprinkle of sweetcorn and the remaining coriander to garnish

serve with some grated cheese, wraps, spring onion and sour cream on the side for little hands to add to their plate

Please note: This recipe is correct at the time of publication on 05/02/2024. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

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