



Bean chilli on baked sweet potato

Prep: 20 minutes • Cook: 40 minutes • Serves: 2



Ingredients

2 medium sweet potatoes (120g each)
1 clove garlic, crushed
4 spring onions, chopped
400g tin of black beans, rinsed & drained
10g tomato purée
½ teaspoon chilli flakes
1 teaspoon ground cumin
½ teaspoon smoked paprika
30g frozen sweetcorn
2 teaspoons olive oil

To serve

40g soured cream

- 1** Preheat oven to 200°C / fan 180°C / gas mark 6. Prick sweet potatoes all over and rub with a little olive oil. Bake in oven for approximately 40 minutes, until soft.
- 2** While the potatoes are cooking, heat the olive oil in a pan over a medium heat and fry the spring onions and garlic until soft.
- 3** Add in the black beans, tomato purée, chilli flakes, cumin, paprika and sweetcorn. Mix together and cook over a low heat for 10 minutes.
- 4** Remove potatoes from oven when cooked and rest for 5 minutes. To make an opening, slit along the length of the potato, prise open a little and fill with the bean mix. Serve with soured cream on top.

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✓
Low fat ✓

Cost per portion (January 2023) **£1.24**

Carbohydrate **51g**

Energy in kcals **358**