

ROASTED SWEET POTATO MEXICAN VEGAN SALAD



Serves: 4
Prep: 15 mins
Cook: 25 mins



Nutrition per serving:
540 kcals
54g Carbs
28g Fats
11g Protein



INGREDIENTS

- 27 oz. (750g) sweet potatoes
- 1 tsp. smoked paprika
- 2 tbsp. olive oil
- 14 oz. (400g) can black beans
- 5 oz. (150g) sweet corn
- 2 small red onions
- 10 cherry tomatoes
- 2 avocados
- lime wedges, to serve

PREPARATION:

Preheat the oven to 200 ° C. Cut the unpeeled potatoes into 3 cm. wedges and spread on a baking sheet.

Mix together the paprika, olive oil, salt & pepper and rub into the wedges until well covered. Bake the potatoes at the center of the oven for about 25 min. until golden brown.

Meanwhile, place the beans and sweet corn in a colander, rinse under cold water and drain. Chop the onion and mix in with the beans and corn.

Cut the tomatoes into quarters and season with salt & pepper. Cut the avocado in half lengthways; remove the pit and scoop out the flesh. Cut the flesh into chunks.

Divide the potatoes, tomatoes, avocado and bean mixture between 4 bowls and serve with lime wedges.

