



# Black Bean-Stuffed Sweet Potatoes

with Guacamole and Cheese

Veggie

40 Minutes



Black Beans



Sweet Potato



Roma Tomato



Guacamole



Lime



Cilantro



Garlic, cloves



Sour Cream



Cheddar Cheese, shredded



Canned Corn



Mexican Seasoning

HELLO SWEET POTATOES

*Whole roasted sweet potatoes make the perfect vessel for stuffing!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, aluminum foil, silicone brush, measuring spoons, large non-stick pan, paper towels, strainer, zester, small bowl

## Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Sweet Potato	510 g	1020 g
Roma Tomato	80 g	160 g
Guacamole	6 tbsp	12 tbsp
Lime	1	1
Cilantro	7 g	14 g
Garlic, cloves	2	4
Sour Cream	3 tbsp	6 tbsp
Cheddar Cheese, shredded	½ cup	1 cup
Canned Corn	1 can	1 can
Mexican Seasoning	2 tbsp	4 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## Roast sweet potatoes

Cut **sweet potatoes** in half, then brush **each cut side** with **1 tsp oil**. Season with **salt** and **pepper**. Arrange **sweet potatoes** on a foil-lined baking sheet, cut-side up. Roast in the **middle** of the oven until fork-tender, 22-24 min.



## Finish bean filling

When **sweet potatoes** are fork-tender, remove from the oven. Let cool slightly, 2-3 min. Scoop out the **inside of each sweet potato half**, leaving a **¼-inch border of sweet potato flesh**. (**NOTE:** Use an oven mitt or towel when holding the sweet potatoes as they will still be hot!) Add **scooped sweet potato**, **garlic** and **lime zest** to the pan with **beans and corn**. Season with **salt** and **pepper**, then stir to combine.



## Start bean filling

Meanwhile, drain and rinse **corn**, then pat dry with paper towels. Drain and rinse **beans**, then pat dry with paper towels. Heat a large non-stick pan over high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **corn, beans** and **Mexican Seasoning**. Cook, stirring often, until **corn** has charred slightly, 5-6 min. Season with **salt** and **pepper**. Set aside.



## Finish sweet potatoes

Switch the oven to high broil. Return **sweet potato skins** to the same foil-lined baking sheet. Fill **sweet potato skins** with **bean filling**, then sprinkle **cheese** over top. Broil in the **middle** of the oven until **cheese** melts, 2-3 min.



## Prep and make tomato salsa

Cut **tomato** into ¼-inch pieces. Roughly chop **cilantro**. Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges. Peel, then mince or grate **garlic**. Add **tomatoes, half the cilantro, ½ tbsp lime juice** and **¼ tsp sugar** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.



## Finish and serve

Divide **stuffed sweet potatoes** between plates, then top with **tomato salsa, guacamole, sour cream** and **remaining cilantro**. Squeeze a **lime wedge** over top, if desired.

## Dinner Solved!