Less than 45 minutes

Serves 4

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Ingredients:

- 1.5kg small-medium sweet potatoes, cut into 3-4cm wedges
- Glug olive oil
- Salt and milled pepper
- 1 can (400g) black beans, drained
- 1 can (400g) tomato salsa
- 1 cup (125g) cheddar, grated

## GOOD IDEA

Potato or butternut wedges work just as well. Make loaded nachos by adding some spicy mince.

For serving:

- 2 avocados, diced
- Dollops cottage cheese, yoghurt or sour cream
- Handful fresh coriander and chopped red chilli
- Lemon or lime wedges

Method:

- 1. Preheat oven to 200°C.
- 2. Toss sweet potatoes with oil. Season.
- 3. Roast for 30 minutes or until well browned and tender.
- 4. Scatter sweet potatoes with beans, top with salsa and scatter with cheese.
- 5. Return to oven for another 5-8 minutes.
- 6. Serve with fresh avocado, dollops of yoghurt or sour cream and garnish with coriander, chilli and lemon or lime wedges.