

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.