THE LIGHTER PLATE METHOD

Spiced Sweet Potato and Black Bean Bowl

A proper full meal, not a side dish trying to be dinner — roasted, spiced and genuinely filling.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**25 min**	**40 min**	**2**	**EASY**

Ingredients

- 2 medium sweet potatoes (cut into wedges)
- 1 tsp ground cumin
- 1 x 400g tin black beans (drained and rinsed)
- 1 avocado (sliced)
- 100 g red cabbage (shredded)
- 1 lime (juiced)

Method

1. Preheat the oven to 200°C (fan 180°C). Toss the sweet potato wedges with cumin, a little oil and a pinch of salt.
2. Roast for 25 minutes, turning halfway, until tender and caught at the edges.
3. Warm the black beans in a small pan with a splash of water.
4. Divide the sweet potato, black beans, avocado and red cabbage between bowls.
5. Finish with a squeeze of lime juice.

Tips & swaps

- Add a spoonful of natural yoghurt on top if you're not keeping it vegan.
- Swap black beans for kidney beans if that's what's in the cupboard.

Storage & reheating

The roasted sweet potato and beans keep for 3 days — store the avocado separately and add fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
410	**12g**	**58g**	**15g**	**14g**

Estimated values, for guidance only.