

Teriyaki sweet potato, black bean and avocado burrito bowl

Total time 55 mins 15 mins preparation time 40 mins cooking time

Nutritional facts (per portion):

720 kJ / 172 kcal

INGREDIENTS

4 portion(s)

2

3	medium sweet potatoes
	peeled and cut into 2cm
	chunks
l. then	Vikkoman Torivaki

4 tbsp Kikkoman Teriyaki Marinade

3 tbsp rapeseed oil brown rice

red onion, finely choppedgarlic cloves, crushed

1 tbsp chipotle paste

400 g tin black beans, drained

and rinsed

2 red peppers, deseeded

and sliced

2 avocados, peeled, stone

removed and sliced

Lime wedges, to serve spring onions, finely

sliced, to serve

Fat: **25.9** g Protein: **15.5** g Carbohydrates: **108.7** g

PREPARATION

Step 1

Preheat the oven to 220°C/200°C fan/gas mark 7. Line a wide roasting tray with baking paper, add the sweet potatoes and toss with 3tbsp of the teriyaki marinade and 1tbsp of the oil. Roast for 35-40 minutes, until golden brown and cooked through.

Step 2

Meanwhile, cook the rice according to the pack instructions, then drain and set aside.

Step 3

To make the beans, heat 1tbsp of the oil in a medium frying pan and cook the onion for 5 minutes, until softened. Add the garlic and chipotle paste and cook for a further 2 minutes. Add the beans with the remaining 1tbsp teriyaki marinade and a splash of water and cook for a further 5 minutes.

Step 4

Heat the remaining oil in a frying pan over a high heat and cook the pepper slices for 6-8 minutes, until browned and softened.

Step 5

To serve, divide the rice between 4 bowls and top with the sweet potatoes, beans, red peppers and avocado slices and serve with the lime wedges and

sliced spring onion.