KIKKOMAN

# 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**

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

## INGREDIENTS

**4 portion(s)**

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|---|---|
| **3** | medium sweet potatoes, peeled and cut into 2cm chunks |
| **4 tbsp** | Kikkoman Teriyaki Marinade |
| **3 tbsp** | rapeseed oil |
| **300 g** | brown rice |
| **1** | red onion, finely chopped |
| **2** | garlic 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 |
| **2** | spring onions, finely sliced, to serve |

## 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.