



Mexican Beans with Roasted Sweet Potato or Pumpkin, Fennel & Silverbeet

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: capsicum, chilli, coriander, garlic, onion, parsley, sweet potato or pumpkin

Equipment:

metric measuring scales and spoons
clean tea towel
cook's knife
chopping board
small frying pan
wooden spoon
mortar and pestle
vegetable peeler
large bowl
mixing spoon
large baking tray
large saucepan with lid
colander

Ingredients:

2 medium sweet potatoes or pumpkin (approx. 500 g), chopped into 2 cm cubes
1½ tsp cumin seeds, dry roasted and ground
1½ tsp cinnamon
1 tbsp olive oil, plus extra for drizzling
sea salt, to taste
freshly ground black pepper, to taste
2 onions, peeled and roughly chopped
1 red chilli, de-seeded and finely sliced
1 green chilli, de-seeded and finely sliced
1 fennel bulb, roughly chopped
1 handful of silverbeet, shredded
3 garlic cloves, peeled and finely chopped
10 tomatoes, roughly chopped, or 2 × 400 g tins chopped tomatoes
2 × 400 g tins beans or 200 g dried beans soaked and cooked (such as cannellini, kidney, black eyed, chickpeas)
1 small handful of parsley, roughly chopped
1 large handful of coriander, roughly chopped



What to do:

1. Preheat the oven to 200°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Place the sweet potato or pumpkin in the bowl and sprinkle with 1 tsp of cumin and 1 tsp of cinnamon, then drizzle with ½ tbsp olive oil and a pinch of salt and pepper.
4. Toss to coat, layer on the baking tray and bake for 20 minutes until soft and golden.
5. Heat the large saucepan on medium heat and add the remaining olive oil.
6. Add the onion, chilli, fennel, silverbeet and garlic and cook for 5 minutes.
7. Add the remaining spices and cook for another 5 minutes, stirring. Add the tomatoes and beans.
8. Stir well and bring to the boil, reduce heat and simmer with the lid on for 20 minutes.
9. Add some water if the sauce looks too thick.
10. Stir the sweet potato/pumpkin and herbs through the bean mixture.
11. Taste and season with salt and pepper.