

# Teriyaki sweet potato, black bean and avocado burrito bowl

Tempo total **55 Mins.** 15 Mins. Tempo de preparação **40 Mins.** Tempo de confeção

Informação nutricional (por porção)  
**720 kJ / 172 kcal**

Gorduras totais: **25,9 g** Proteína: **15,5 g**  
Hidratos de carbono: **108,7 g**

## INGREDIENTES

### 4 Porções

- 3** medium sweet potatoes, peeled and cut into 2cm chunks
- 4 colheres de sopa** Kikkoman Marinada Teriyaki
- 3 colheres de sopa** rapeseed oil
- 300 g** brown rice
- 1** red onion, finely chopped
- 2** garlic cloves, crushed
- 1 colheres de sopa** 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

## PREPARAÇÃO

### Passo 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.

### Passo 2

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

### Passo 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.

### Passo 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.

### Passo 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.