Smoky Black Bean and Sweet Potato Hash

2 generous plates · Active 20 min · Total 35 min

Skills: Easy

Ingredients

- 1 medium sweet potato, peeled and cut into 1/2-inch cubes (about 300 g prepared)
- 1 tablespoon olive oil (15 ml)
- 1 small red bell pepper, diced (120 g)
- 1/2 medium red onion, diced (75 g)
- 1/4 cup water (60 ml)
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon fine salt, divided
- 1 can black beans (15 oz/425 g), drained and rinsed
- 1 tablespoon lime juice (15 ml)
- 1/4 cup plain yogurt (60 g)
- 2 tablespoons chopped cilantro

Set out

12-inch skillet with lid, Knife and cutting board, Colander, Wide spatula

Allergens

Milk. Check labels and substitutions.

Make it

1. Heat the oil in the skillet over medium heat. Add the sweet potato, pepper, onion and 1/4 teaspoon salt; cook for 4 minutes, stirring twice.

2. Add the water, cover and cook over medium-low heat for 8–10 minutes, until the potato cubes are tender when pierced. Add another tablespoon water only if the pan dries before they soften.

3. Uncover, increase to medium-high and let any remaining water evaporate. Cook for 4–5 minutes, turning sections occasionally, until browned in places.

4. Fold in the beans, smoked paprika, cumin and remaining 1/4 teaspoon salt. Cook for 3–4 minutes, stirring gently, until hot throughout.

5. Remove from the heat and add the lime juice. Divide between two plates and finish with yogurt and cilantro.

Save a second portion

If one plate is for a later shift, cool that portion promptly before packing. Pack the yogurt in its own small container so it stays creamy and the hash reheats evenly.

A useful detail

A crowded 10-inch skillet will steam the vegetables during the browning stage. Use the stated pan size or brown in two batches.

Keep it well

Refrigerate the hash in a shallow covered container within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days. Reheat the hash to 165°F/74°C; keep yogurt cold and separate.