

Simple Chili & Sweet Potato Chips

Serves 4

For the potatoes:

3 medium sweet potatoes
2 tsp. garlic powder
1 tsp. onion powder
2 tbsp. buckwheat flour
1 tbsp. olive oil
salt & pepper

For the simple chili:

1 lb. (450g) lean ground beef
1 tbsp. chili flakes
1 can chopped tomatoes (14oz./400g)
6 fl. oz. (170ml) water

For the garnish:

2 tbsp. coriander, chopped
1 avocado, mashed

What you need to do

1. Heat the oven to 420°F (215°C).
2. Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic and onion powder, salt and pepper, then sprinkle with buckwheat flour. Drizzle with olive oil and make sure all the potatoes are seasoned.
3. Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 minutes, stirring halfway through.
4. In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef. Cook for about 2-3 minutes and season with chili flakes.
5. Add the chopped tomatoes and water. Then stir, reducing the heat to low. Simmer uncovered for about 20 minutes, until most liquid evaporates.
6. To serve, divide the potatoes between plates and top with chili, mashed avocado and sprinkle with coriander.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	382	16	33	29

*Nutrition per serving

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