

# SIMPLE CHILLI & SWEET POTATO CHIPS



Serves: 4  
Prep: 10 mins  
Cook: 40 mins



Nutrition per  
serving:  
382 kcal  
16g Fats  
33g Carbs  
29g Protein



GF DF  
VFP HP



## WHAT YOU NEED

### 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 Chilli:

- 1 lb. (450g) lean ground beef
- 1 tbsp. chilli 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

Heat the oven to 420F (215C).

Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic & onion powder, salt & pepper and sprinkle with buckwheat flour. Drizzle with olive oil and cover well by rubbing in.

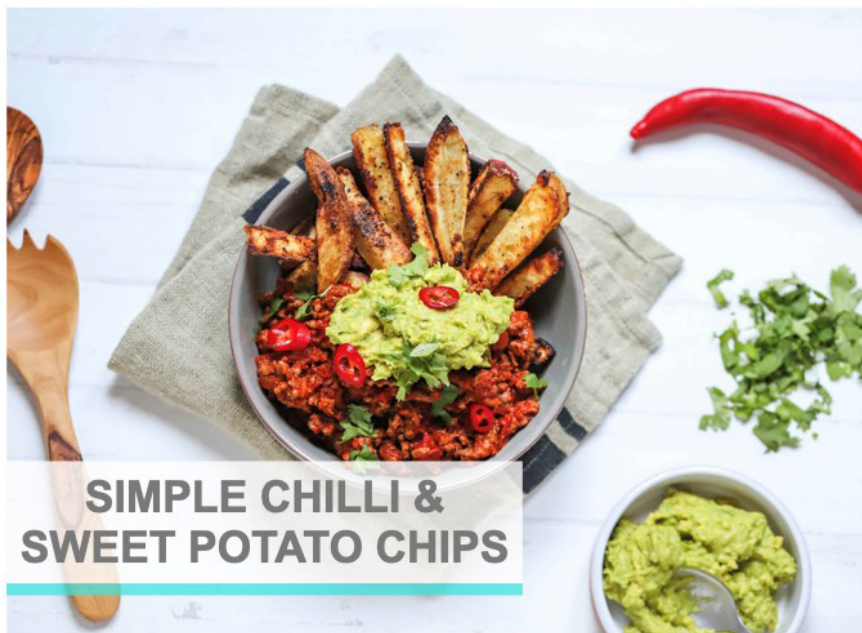
Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 mins, stirring halfway through.

In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef. Cook for about 2-3 mins and season with chilli flakes.

Add the chopped tomatoes, water and stir, reducing the heat to low. Simmer uncovered for about 20 mins, until most liquid evaporates.

To serve, divide the potatoes between plates and top with chilli, mashed avocado and sprinkle with coriander.

BALANCED  
NUTRITION



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