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

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.