

## Get ahead

Make the black bean topping up to 2 days ahead and then chill, or freeze. Gently reheat to serve.

# RECIPE COMPETITION

THIS MONTH'S WINNING DISH

PHOTOGRAPH TOBY SCOTT



## Meet Kate

Kate Longden from Hampshire (thefooddoulas.co.uk) entered our baked potato recipe competition and won with her Mexican-inspired filling; a plant-powered combination of textures and flavours.

'I cook in a mix-and-match fashion; prep a sauce, decide on plants and protein to add (black beans here), then top with a separate element to add texture or zing. You can also eat the beans and topping with rice or sautéed new potatoes. Enjoy!'

Winning recipe for a  
**BAKED POTATO**

## Creamy black bean jackets

**SERVES** 2, easily doubled **V GF \***  
**HANDS-ON TIME** 25 mins  
**TOTAL TIME** 1 hr 5 mins

- ◆ 2 baking potatoes
- ◆ 1½ tbsp dried ancho chilli flakes
- ◆ 1 tbsp olive oil
- ◆ 2 large tomatoes, roughly chopped
- ◆ 1 garlic clove, crushed
- ◆ 1 x 400g tin black beans, rinsed and drained
- ◆ 50g soured cream, plus extra to serve
- ◆ zest of 1 lime, plus juice of ½
- ◆ small handful parsley, chopped
- ◆ 20g whole almonds, roughly chopped
- ◆ 20g butter

- 1 Preheat the oven to 200°C, fan 180°C, gas 6. Scrub the potatoes, prick with a fork and sprinkle with a little salt to stick to the damp skins. Bake for 1 hour or until soft.
- 2 Meanwhile put the ancho chilli flakes either in a jug or directly in a blender. Add 75ml boiling water to just cover; set aside to rehydrate.
- 3 Heat the oil in a pan over a medium heat, add the tomatoes and cook for 5-7 minutes until they start to soften. Add the garlic and cook for a further 2 minutes, squashing with a wooden spoon or masher until it's all pulpy. Pour in 100ml water and bring to a simmer. Add the black beans and simmer gently for 10-15 minutes until

the beans have started to soften and the sauce has thickened slightly.

- 4 Going back to the chillies, add the soured cream, lime juice and a pinch of salt to the blender or jug. Blitz until smooth for the crema.
- 5 Mix the parsley, almonds, lime zest and a pinch of salt in a small bowl and set aside.
- 6 Stir the ancho-lime crema through the black beans. Simmer for 2 minutes and check the seasoning.
- 7 Remove the baked potatoes from the oven, cut open and add half the butter to each potato. Spoon over the creamy beans, add an extra dollop of soured cream and scatter over the herby almond topping.

## Enter to win!

Fancy your chances in our next competition? Then send us an original recipe for your favourite savoury egg dish for a chance to win a fabulous Circulon Steelshield Stockpot, plus a Circulon apron, worth £164.99. The winning recipe will appear in our April 2022 issue, and online at [sainsburysmagazine.co.uk](https://sainsburysmagazine.co.uk). For full details on how to enter and for full competition rules, visit [sainsburysmagazine.co.uk/aprcomp](https://sainsburysmagazine.co.uk/aprcomp). Entries to be received by 23:59 on 31 January 2022

### NUTRITIONAL INFO

610cals; 25g fat (10g sat fat); 18g protein; 15g fibre; 70g carbs; 7g total sugars; 0.2g salt