

# JAMAICAN JERK SWEET POTATO WITH BLACK BEANS

LATIN AMERICA  
/ JAMAICA

## ORIGINS

Like most Caribbean islands, Jamaican foods are derived from many different settlement cultures, including British, Dutch, French, Spanish, East Indian, West African, Portuguese, and Chinese. The origins of jerk pork can be traced back to the pre-slavery days of the Cormantee hunters of West Africa through the Maroons, who were Jamaican slaves that escaped from the British during the invasion of 1655. It was traditionally cooked in open-ground pits.



4



10 min



20 min



## WHAT YOU NEED

- 1/2 pkt (17 g) Jamaican spice
- 500 g sweet potatoes, cubed
- 400 g can black beans
- 1 onion, chopped
- 1 capsicum, cubed
- 1 cup frozen peas
- 2 cups vegetable stock
- 1/2 lime juiced

## HOW TO MAKE

①

Sauté onion and capsicum, 5 min. Add spice, sauté 1 min.

②

Add sweet potatoes and stock, bring to the boil, simmer till potato cooked. Approx 10 min.

③

Add peas and black beans, simmer 5 min.

## HOW TO SERVE

Serve with steamed rice and fresh coriander leaves.

## HINTS & TIPS

### SIDES & CONDIMENTS

Add coconut milk when cooking the rice for a richer creamier dish.

### SWAPS & ALTERNATIVES

veggie combos: omit peas and serve with steamed broccoli.

alternative: the dish can be sweetened with 1 tsp sugar and a dash of vinegar.

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