# Avocados rom Mexico

## Mexicanadian Poutine with Roasted and Grilled Veggies and Avocados



#### Serves 4

### Ingredients

#### **Vegetable sticks**

sweet potato, peeled, cut into sticks
 turnip, peeled, cut into sticks
 parsnips, peeled, cut into sticks
 carrots, peeled, cut into sticks
 Splash of canola oil
 Salt and pepper, to taste

#### Sauce

- 1 cup (250 ml) ready-made poutine sauce
- 2 tbsp. (30 ml) tomato paste
- 2 tsp. (10 ml) Worcestershire sauce
- 1 tbsp. (15 ml) hot sauce (such as Valentina, Red Hot, etc.)
- 1 tsp. (5 ml) cumin seeds (optional)

#### **Mexicanadian Poutine**

Kernels from 2 grilled ears of corn
2 grilled peppers (homemade or store bought), diced
1½ cups (375 ml) cheese curds
2 avocados, peeled, pitted, and cubed
2 shallots, minced
2 tbsp. (30 ml) cilantro, roughly chopped

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### **Preparation**

- 1. Heat oven to 180°C/375°F
- 2. Mix vegetable sticks in a bowl with the oil, salt and pepper. Place on a baking sheet lined with parchment paper and cook on centre rack for 20–25 minutes.
- Add sauce ingredients to a pan and cook over medium/low heat for 10 minutes. Set aside.
- When vegetables are done, put roasted vegetables, cheese curds, roasted peppers, grilled corn, and avocado cubes on a serving platter (or 4 individual plates). Top with shallots and cilantro.
- 5. Drizzle with sauce before serving.