



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: NUTRITIONAL YEAST

Nutritional yeast is great for adding a savoury, salty flavour to dishes as well as boosting the protein! It is inactive, meaning it doesn't work as a leavening agent and provides around 40-50g of protein per 100g.

2. ROAST SWEET POTATO WITH ROCKET & "CHEESY" DRESSING

Golden roasted sweet potato and pear tossed with mung bean spirals and a cheesy lemon dressing.

 30 Minutes

 2 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
36g	47g	120g

2 March 2020

FROM YOUR BOX

SWEET POTATOES	400g
PEAR	1
BEAN PASTA	1 packet
NUTRITIONAL YEAST	1 packet (20g)
LEMON	1/2 *
CHIVES	1/2 bunch *
BASIL	1 packet
ROCKET LEAVES	1 bag (60g)
SUNFLOWER SEEDS	1/2 packet (20g) *
ALFALFA SPROUTS	1/3 punnet *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, white wine vinegar

KEY UTENSILS

oven tray, saucepan, stick mixer or blender

NOTES

Some crushed garlic blended into the dressing also works well.

Stretch the dressing out with some tahini and keep on hand for salads!



1. ROAST THE SWEET POTATO & PEAR

Set oven to 220°C.
Dice sweet potato and pear. Toss with **oil, salt and pepper** on a lined oven tray. Roast for 20-25 minutes until cooked through.



2. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook for 7 minutes or until al dente. Drain and set aside.



3. PREPARE THE DRESSING

Blend together nutritional yeast, lemon juice, **1 tbsp vinegar and 1/3 cup olive oil** using a stick mixer or blender until smooth. Season with **salt and pepper** to taste.



4. TOSS THE SALAD

Slice chives and pick basil leaves. Toss together with drained pasta, roasted vegetables, rocket and dressing.



5. FINISH AND PLATE

Divide salad among bowls. Garnish with sunflower seeds and sprouts.