



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

 4 Servings

 Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
20g	23g	80g

2 March 2020

## FROM YOUR BOX

SWEET POTATOES	800g
PEARS	2
BEAN PASTA	1 packet
NUTRITIONAL YEAST	1 packet (20g)
LEMON	1/2 *
CHIVES	1/2 bunch *
BASIL	1 packet
SPINACH & ROCKET LEAVES	1 bag (120g)
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 potatoes and pears. 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.