



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SO FREO CUISINE

This week's veggie paté comes from So Freo Cuisine! They are based in Fremantle and have a focus on organic and locally sourced ingredients from WA.



4. SWEET POTATO GOODNESS BOWL WITH VEGGIE PATÉ

Golden cubes of sweet potato with sesame scrunched kale, creamy avocado and sweet apple all in a bowl, finished with a dijon dressing and veggie paté.

 30 Minutes

 2 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
47g	75g	75g

FROM YOUR BOX

SWEET POTATOES	400g
AVOCADO	1
RED APPLE	1
SNOW PEA SPROUTS	1/3 punnet *
KALE	1/2 bunch *
PEPITA SEEDS	1 packet (40g)
VEGGIE PATÉ	1 packet
KIMCHI	1/4 jar *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil + sesame oil, salt, pepper, apple cider vinegar, dijon mustard

KEY UTENSILS

oven tray, frypan

NOTES

For a warmer dish alternative you can roast the apple and sauté the kale.

The veggie paté can be frozen and used at a later date if you decide to not use the whole block.



1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Dice sweet potatoes and toss with **oil, salt and pepper** on a lined oven tray. Roast for 20-25 minutes or until cooked through.



4. TOAST THE SEEDS

Toast pepitas in a frypan over medium-high heat for 1-2 minutes, or until golden. Remove and reserve pan.



2. PREPARE THE VEGETABLES

Wedge avocado and dice apple (see notes). Halve sprouts. Set aside.

Thinly slice kale leaves and place in a large bowl. Add **1 tsp sesame oil** and **salt**. Use hands to scrunch the leaves until soft and tender.



5. COOK THE PATÉ

Add **oil** to pan. Slice paté and add to pan (see notes). Cook for 2-3 minutes each side until crisp and golden.



3. MAKE THE DRESSING

Whisk together **1 tsp dijon mustard, 1 tbsp vinegar, 2 tbsp sesame oil** and **1 tbsp water**. Season with **salt and pepper**.



6. FINISH AND PLATE

Arrange sweet potatoes, vegetables and kimchi (use to taste) among bowls. Add cooked paté. Spoon over dressing and scatter with pepita seeds.