

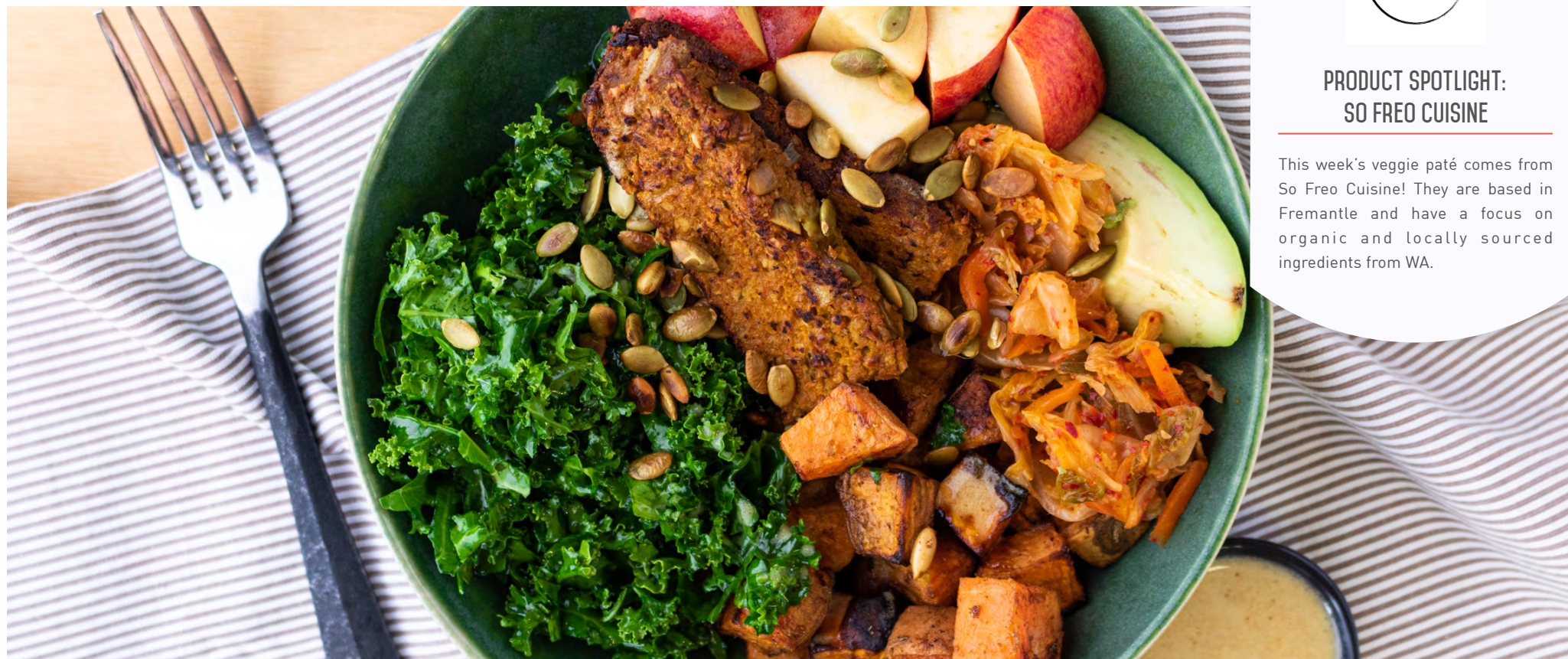


DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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

 4 Servings

 Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
16g	38g	52g

## FROM YOUR BOX

SWEET POTATOES	800g
AVOCADO	1
RED APPLES	2
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 apples (see notes). Set aside.

Thinly slice kale leaves and place in a large bowl. Add **2 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, 1/2 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.