



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: WATERCRESS

Watercress is a real powerhouse of nutrients and is classed a superfood. Vitamin K is by far the most prominent nutrient which can help building strong bones and assist with blood clotting.



1. CURRY SPICE CHICKPEAS

WITH MANGO CHUTNEY DRESSING

 30 Minutes

 4 Servings

 Plant-based

Lightly spiced roast chickpeas and sweet potato with fresh watercress salad, finished with a mango chutney dressing and crunchy fried shallots.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
16g	16g	81g

27 April 2020

FROM YOUR BOX

SWEET POTATOES	800g
CHICKPEAS	2 x 400g
ORANGE	1
MANGO CHUTNEY	200g
CHERRY TOMATOES	1 bag (200g)
SUGAR SNAP PEAS	1/2 bag (125g) *
WATERCRESS	100g
LEBANESE CUCUMBER	1
FRIED SHALLOTS	1 packet (40g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, curry powder

KEY UTENSILS

oven tray

NOTES

Pat chickpeas dry with a clean tea towel before roasting. This will help them crisp up in the oven.



1. ROAST THE VEGETABLES

Set oven to 220°C.
Dice sweet potato. Toss with drained chickpeas (see notes), **1 1/2 tbsp curry powder, oil, salt and pepper** on a lined oven tray. Roast for 20-25 minutes until cooked through.



4. FINISH AND PLATE

Arrange salad and roast vegetables over plates (or a large serving dish). Drizzle with dressing and garnish with fried shallots.



2. MAKE THE DRESSING

Combine 1 tsp orange zest and 1/2 the juice with mango chutney.



3. PREPARE THE SALAD

Dice remaining orange. Halve tomatoes. Trim and halve sugar snap peas. Roughly slice watercress and slice cucumber.