



Product Spotlight: Walnuts

Walnuts are full of antioxidants and are a great source of omega-3s. Research suggests they reduce the risk of some cancers, heart disease and diabetes.



Festive Sweet Potato Salad with Maple Walnuts

Cinnamon and maple syrup make this a lovely dish for the festive season (or anytime!). A mix of roasted and fresh ingredients topped with caramelised walnuts and almond milk cheese.

Change it up!

If cinnamon is not your favourite flavour, replace it with nutmeg, coriander, cumin, sumac or a mix of all three. A Moroccan or Cajun spice mix would also work well.



35 minutes



2 servings



Plant-Based

23 December 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	56g	78g

FROM YOUR BOX

SWEET POTATOES	400g
BEETROOT	1
TINNED CHICKPEAS	400g
LEMON	1
WALNUTS	1 packet
TOMATO	1
FESTIVAL LETTUCE	1
ALMOND MILK CHEESE	1 packet
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cinnamon, maple syrup, garlic (2 cloves)

KEY UTENSILS

frypan, oven tray x 2

NOTES

You could mix the walnuts with the seasonings and oil and place on a lined oven tray. Bake for 5 minutes.

If you grate the cheese early, keep it in the fridge as it softens very quickly at room temperature.



1. ROAST THE SWEET POTATO

Set oven to 220°C.

Wash and halve sweet potatoes, length and width ways. Make slices 1 cm apart, being careful not to slice all the way through. Place on a lined oven tray, rub with **oil, 1 tsp cinnamon, salt and pepper**. Cook for 20 minutes until golden and tender.



4. PREPARE THE SALAD

Wedge tomato, wash and tear lettuce (use to taste). Grate cheese (see notes). Keep separate on a plate.



2. ROAST THE BEETROOT

Wedge beetroot and drain chickpeas. Toss on a second lined oven tray with **whole garlic cloves, oil, salt and pepper**. Zest and juice half lemon and reserve for step 5, place remaining half on tray cut side down. Cook for 15–20 minutes until tender.



5. MAKE THE DRESSING

Chop parsley and remove roasted garlic from skins and chop. Whisk together with reserved lemon juice and zest, flesh from roasted lemon, **3 tbs olive oil** and **1/2 tbs maple syrup**. Season to taste with **salt and pepper**.



3. TOAST THE WALNUTS

Heat a frypan over medium-high heat. Roughly chop walnuts and add to pan with **1 tsp oil, 1 tsp maple syrup, 1/8 tsp cinnamon, salt and pepper**. Cook, stirring until caramelised, about 3 minutes (see notes). Remove to a plate.



6. FINISH AND SERVE

Arrange lettuce on a platter. Add fresh and roasted vegetables along with chickpeas. Sprinkle with toasted walnuts, grated cheese and dressing to taste. Take to the table for sharing.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

